

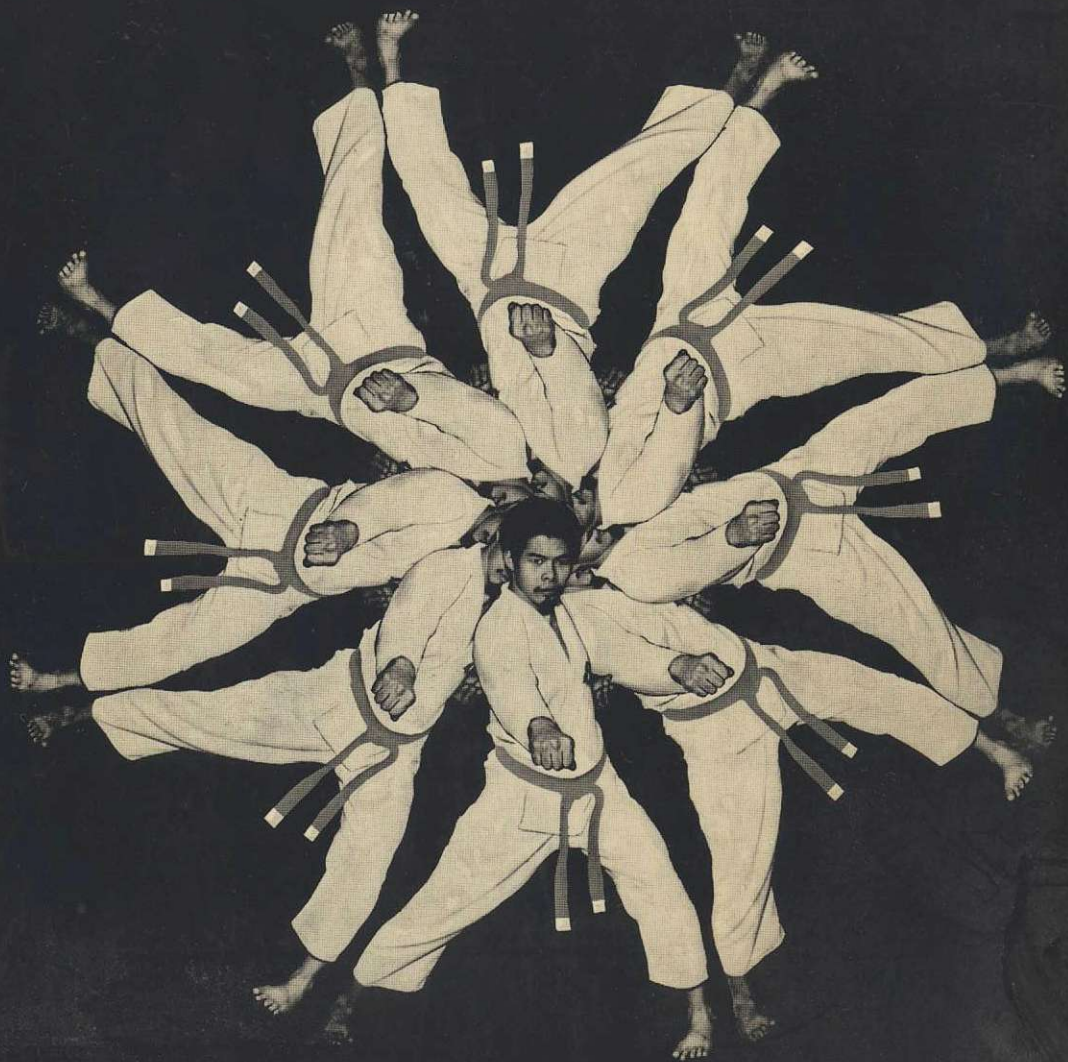
# karate

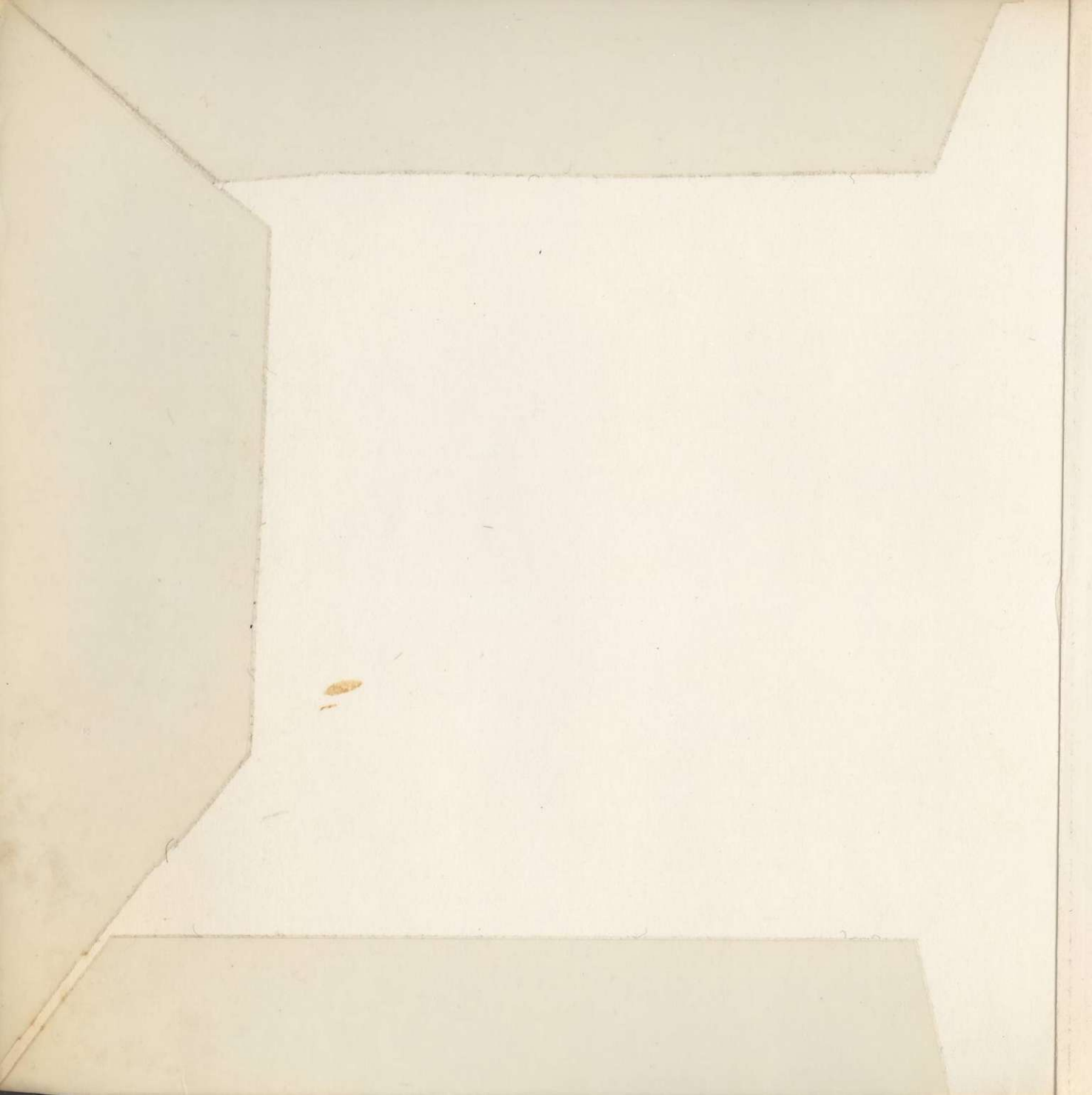
shotokan

wadōkai

kyokushinkai

空手の形

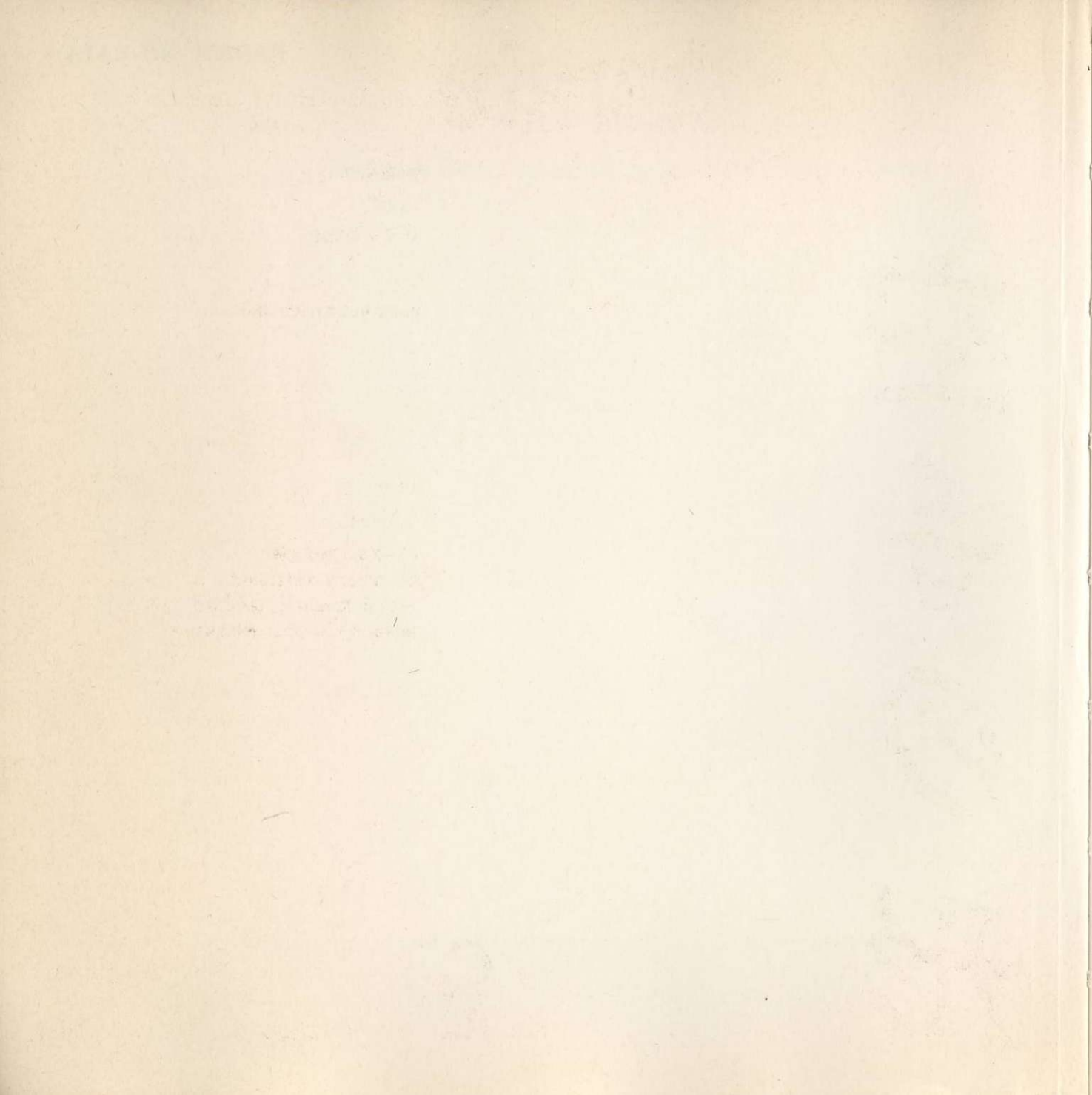






KARATE-NO-KATA

空  
手  
の  
形



# karate

officiële technische exameneisen  
voor de stijlgroepen

shôtôkan  
wadôkai  
kyokushinkai

van de  
**budo bond nederland**

door

**w. luiten**

directeur techniek  
budo bond nederland  
erkend karate leraar b.b.n.  
leraar rijksuniversiteit leiden

空  
手  
の  
形

1972



N.V. UITGEVERIJ MEANDER / LEIDEN



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## Woord vooraf

De auteur heeft zich beijverd om een inzicht te krijgen in de verschillen in de uitvoering van de technieken bij de diverse stijlgroepen. Hierbij is hem gebleken dat de basistechnieken van deze stijlen onderling weinig verschillen. Het gezamenlijk deelnemen aan trainingen en wedstrijden geeft dan ook geen enkel probleem.

Bij de uitvoering van de kata (vastgestelde trainingsvormen) komen deze verschillen echter duidelijker naar voren.

Hoewel de vijf basis-kata, welke iedere stijl in haar eisen heeft opgenomen, nog veel overeenkomst vertonen, zijn de overige kata sterk afwijkend.

Bovendien zijn er nog geringe afwijkingen te constateren bij de uitvoering van deze kata door karateka van een zelfde stijlgroep, hetgeen vaak te wijten is aan het feit dat deze karateka hun opleiding genoten bij verschillende Japanse instructeurs. Deze afwijkingen zijn echter zo gering, dat zij te verwaarlozen zijn.

Het is de vaste overtuiging van de auteur dat er een grote behoefte bestaat aan een werk dat een duidelijk inzicht geeft van de technische eisen, zoals deze door de stijlgroepen zijn vastgelegd voor het afleggen van de examens. Hierdoor is de karateka in de gelegenheid ook kennis te nemen van de exameneisen zoals deze gelden voor andere stijlgroepen, hetgeen zijn algemene kennis van karate zal bevorderen.

De auteur hoopt dat dit werk er ook toe moge bijdragen de eenheid van de karateka te bevorderen.

Tot slot mijn oprechte dank aan W. R. Alexander, 1e DAN Karate, voor zijn medewerking en eindeloos geduld bij het poseren voor alle foto's.

Ook mijn dank aan de uitgever, die op zeer verzorgde wijze deze uitgave realiseerde.

Leiden (Holland), 1971

W. Luiten

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## Introduction

The author has made an effort to identify and distinguish between the various ways in which the techniques are practised in the different style groups.

In comparing the basic techniques of these groups he came to the conclusion that there is virtually little difference between them. The groups can, therefore, easily train and enter for contests together.

The differences are more apparent in the kata (prescribed trainingsforms). Although the great similarity is still manifest in the five basic kata each style has incorporated in its standards, the other kata vary widely. Attention is also drawn to slight differences in performance, even when the kata are executed by karateka of one and the same style group. This is often attributable to their having had different Japanese teachers. But anyhow, the differences are almost negligible.

The author is convinced of the great need for a publication that gives straightforward information about the technical standards the style groups have set for examinations.

It gives the karateka an opportunity to get acquainted with the examination requirements of style groups other than his own and this can only add to his general karate knowledge.

The author hopes the publication will promote unity and harmony among karateka.

Finally I wish to express my sincere thanks to W. R. Alexander, 1st DAN Karate, for his cooperation and infinite patience while all the photographs were taken.

My best thanks also to the publisher to whom we owe such a well got up edition.

Leyden (Netherlands), 1971

W. Luiten



## Introduction

L'auteur s'est efforcé d'avoir une idée des différences d'exécution des techniques à appliquer pour ces diverses groupes de formes. Il a constaté que les techniques de base des dites formes montrent peu de différences entre elles.

La participation collective aux entraînements et aux matches ne présente aucun problème par conséquent. Cependant, ces différences sont plus évidentes lors de l'exécution des kata (formes d'entraînement). Bien que les cinq kata de base, que chaque forme a incorporé dans ses exigences, montrent encore beaucoup d'analogie, les autres kata sont très différents.

En outre, on peut encore constater de petites différences dans l'exécution de ces kata par les karateka d'un même groupe de forme, ce qui est souvent dû au fait que ces karateka ont été formés par des instructeurs japonais différents. Cependant, ces différences sont si minimes qu'on peut les négliger.

L'auteur est hautement persuadé de ce qu'il y a un grand besoin d'un travail montrant clairement les exigences techniques telles qu'elles ont été établies par les groupes de forme en vue des examens à passer. Par là l'amateur de karate a l'occasion d'également connaître les exigences d'examen étant en application pour d'autres groupes de forme, ce qui stimulera ses connaissances générales en matière de karate. L'auteur espère que ce travail contribuera également à encourager l'unité des karateka. Pour conclure, je remercie sincèrement Monsieur W. R. Alexander, premier DAN en Karate, de sa coopération et de la patience infinie montrée lors de la prise des poses pour toutes les photographies. Je remercie également l'éditeur, qui a réalisé la présente édition d'un façon très soignée.

Leyde (Pays-Bas), 1971

W. Luiten

---

## Vorwort

Der Autor hat sich bemüht, eine Einsicht in die Unterschiede in der Ausführung der Techniken bei verschiedenen Stilgruppen zu erlangen. Dabei hat er festgestellt, dass die Basistechniken dieser Stile unter sich kaum verschieden sind.

Die gemeinsame Beteiligung an Trainings und Wettkämpfen liefert somit kein einziges Problem.

Bei der Ausführung der Kata (festgesetzte Übungsformen) treten diese Unterschiede jedoch deutlicher hervor.

Obgleich die fünf Basis-Kata, die jeder Stil in seine Forderungen aufgenommen hat, noch viel UeberEinstimmung zeigen, weichen die übrigen Kata stark ab.

Ausserdem sind noch geringe Abweichungen bei der Ausführung dieser Kata durch Karateka einer gleichen Stilgruppe feststellbar, was oft dem Umstand zuzuschreiben ist, dass diese Karateka ihre Ausbildung bei verschiedenen japanischen Instrukteuren erhielten. Diese Abweichungen sind jedoch so gering, dass sie vernachlässigbar sind.

Es ist die feste Ueberzeugung des Autors, dass ein grosses Bedürfnis nach einem Werk besteht, das eine klare Einsicht in die technischen Anforderungen vermittelt, wie diese zum Ablegen der Prüfungen von den Stilgruppen festgelegt wurden.

Dadurch hat der Karateka die Gelegenheit, auch die Prüfungsforderungen zur Kenntnis zu nehmen, wie diese für andere Stilgruppen gelten, was seine Allgemeinkenntnisse fördern wird.

Der Autor hofft, dass dieses Werk auch zur Förderung der Einheit der Karateka beitragen möge.

Schliesslich habe ich noch Herrn W. R. Alexander, 1. Dan Karate, aufrichtig zu danken für seine Mitarbeit und endlose Geduld beim Posistehen für alle Fotos.

Auch danke ich meinem Verleger, der diese Ausgabe in gepflegtester Weise betreut hat.

Leiden (Niederlande), 1971

W. Luiten



## Ten geleide

In juli 1970 werd de eenheid van de Karate-sport in Nederland gerealiseerd, doordat de bestaande Karate-organisaties hun autonome posities prijs gaven, teneinde gezamenlijk te vormen de Sektie Karate van de Budo Bond Nederland (Voormalig Nederlandse Jiu Jitsu en Judo Bond). Daarmede werden alle karateka, ongeacht welke stijl zij beoefenen, rechtstreeks lid van de B.B.N.

Uiteraard houdt het bestuur van deze sectie rekening met het bestaan van de verschillende stijlgroeperingen. De Nationale exameneisen zijn zodanig samengesteld dat iedere karateka examen kan afleggen volgens de eisen van zijn eigen stijl.

De examens voor de KYU (klassen) worden in principe afgenomen door de eigen leraar, mits deze erkend karate-leraar is van de B.B.N.

Voor het afleggen van een examen voor DAN (zwarte band) benoemd de Nationale Graden Commissie van de S/K B.B.N. per landelijk examen een Examencommissie. In deze commissie hebben examinatoren, afkomstig van alle stijlgroepen, zitting. Hierdoor kan rekening gehouden worden met de bepaalde stijl karate, welke de kandidaat beoefent.

Het belangrijkste onderdeel van de examens bestaat uit het uitvoeren van KATA. Iedere stijl heeft vijf basiskata waarin de basistechnieken en bewegingen zijn opgenomen. Daarnaast bestaan er nog andere kata als trainingsvormen. Een grondige kennis van de kata is noodzakelijk voor iedere karateka.

Juist daarom verheug ik mij op het feit dat thans in Nederland een werk verschijnt waarin deze kata zijn opgenomen van alle stijlen, namelijk de Shôtôkan, de Wadô en de Kyoku-shinkai, welke in de S/K B.B.N. zijn verenigd.

Van harte wil ik dit werk dan ook aanbevelen, als een onmisbaar bezit, voor alle karateka.

B. Buth

S/K Budo Bond Nederland



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# SHÔTÔKAN

De Shôtôkan school werd gesticht door Gichin Funakoshi in Tôkyô.  
Grote nadruk wordt bij deze stijl gelegd op de lichaamsbalans.  
De stijl kenmerkt zich doordat de technieken worden uitgevoerd met grote krachtige bewegingen in een lage stand.  
In Nederland werd deze stijl het eerst onderwezen door de Japanse instructeur Taiji Kase, 6e Dan Karate.

The Shôtôkan school was founded in Tokyo by Gichin Funakoshi.  
This style puts great emphasis on physical equilibrium.  
Typical of the style is that its techniques are performed with energetic exercises in a low position.  
Taiji Kase, Japanese instructor and 6th Dan karate, was the first to introduce this style in the Netherlands.

L'école Shôtôkan a été créée par Gichin Funakoshi à Tokio.  
Ce style met avant tout l'accent sur l'équilibre du corps.  
Le style est caractérisé par l'exécution de techniques utilisant des mouvements énergiques en position allongée.  
Aux Pays-Bas, ce style fut d'abord enseigné par l'instructeur Japonais Taiji Kase, 6ème Dan Karaté.

Die Shôtôkan-Schule wurde von Gichin Funakoshi in Tokio gegründet.  
Bei diesem Stil liegt der Nachdruck auf dem Gleichgewicht des Körpers.  
Der Stil kennzeichnet sich dadurch, dass die Techniken mit grossen kräftigen Bewegungen in einem niedrigen Stand ausgeführt werden.  
In den Niederlanden wurde dieser Stil zuers von dem japanischen Lehrer Taiji Kase, 6. Dan Karate, unterrichtet.

松  
濤  
館

## Afkortingen

Achter de Japanse benaming van de techniek worden afkortingen gebruikt met de navolgende betekenis:

(...sec) = rustpauze na de uitvoering van de techniek van ... seconden.

(L) = Techniek langzaam uitvoeren.

(O) = Techniek uitvoeren zonder Kime.

Het geven van de Kiai is niet aangegeven, gezien dit niet vast is voorgeschreven. In het algemeen wordt een Kiai gegeven indien een techniek met volle energie en Kime wordt uitgevoerd.

## Abbreviations

Behind the Japanese names for the technique abbreviations are used that have the following meanings:

(... sec) = a resting time of ... seconds after execution of the technique

(L) = Technique to be executed slowly

(O) = Technique to be executed without Kime

No instruction is given for the Kiai, since it is not compulsory. Generally, a Kiai is uttered when a technique is executed with utmost energy and Kime.

## Abréviations

Après avoir utilisé la terminologie japonaise de la technique, nous employons des abréviations qui ont la signification suivante:

(... sec) = temps de repos après l'exécution de la technique pendant ... secondes.

(L) = Exécuter la technique lentement

(O) = Exécuter la technique sans Kime (kimono)

Les indications sur le KIAI ne sont pas données, vu que ceci n'est pas fermement prescrit. En général un Kiai est donné si une technique est exécutée avec beaucoup d'énergie et avec je Kime

## Abkürzungen

Hinter der japanischen Bezeichnung der Technik werden Abkürzungen mit folgender Bedeutung verwendet:

(... sec) = Ruhepause von ... Sekunden nach der Ausführung der Technik.

(L) = Technik langsam ausführen.

(O) = Technik ohne Kime ausführen.

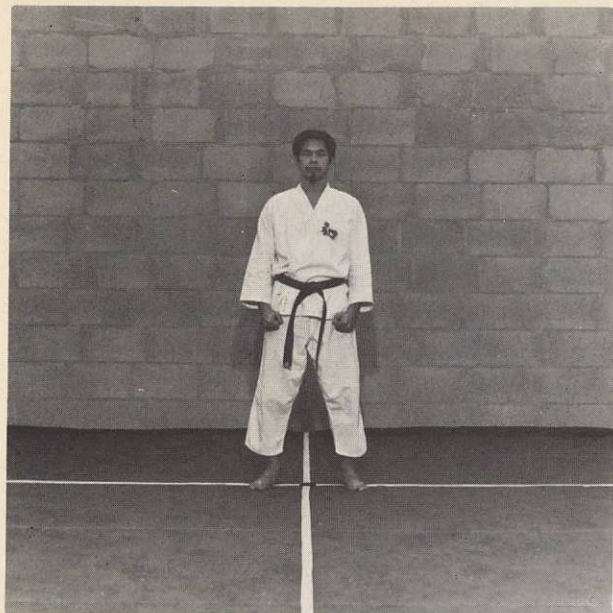
Es ist nicht angegeben, den Kiai zu geben, da dies nicht fest vorgeschrieben ist. Im allgemeinen wird ein Kiai gegeben, wenn eine Technik mit voller Energie und Kime ausgeführt wird.

# Shôtôkan

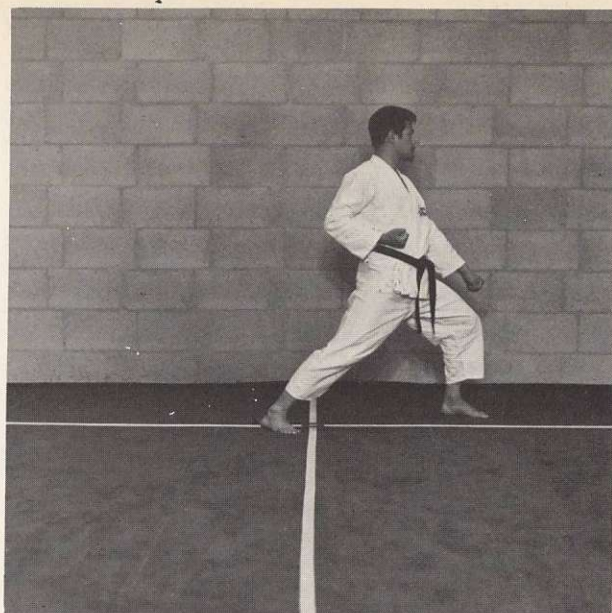
## Heian shodan



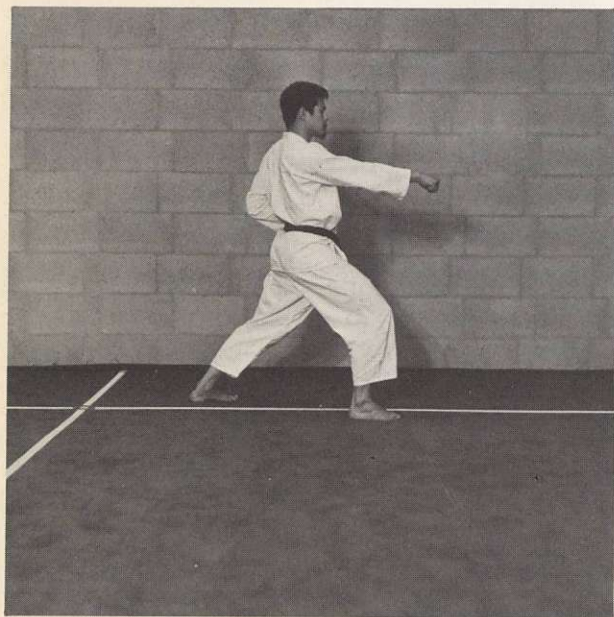




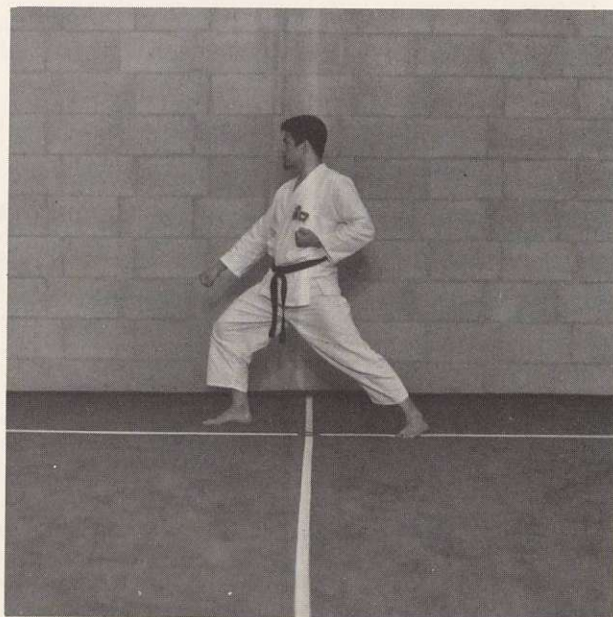
2 yoi



3 gedan barai



4 oi zuki (1 sec)

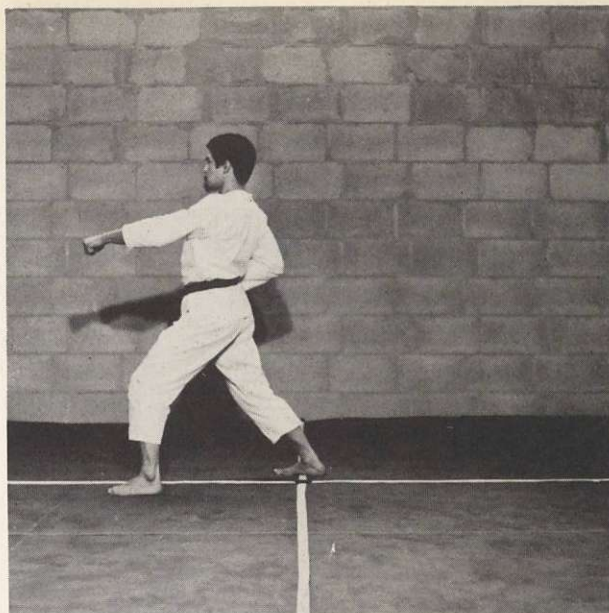


5 gedan barai





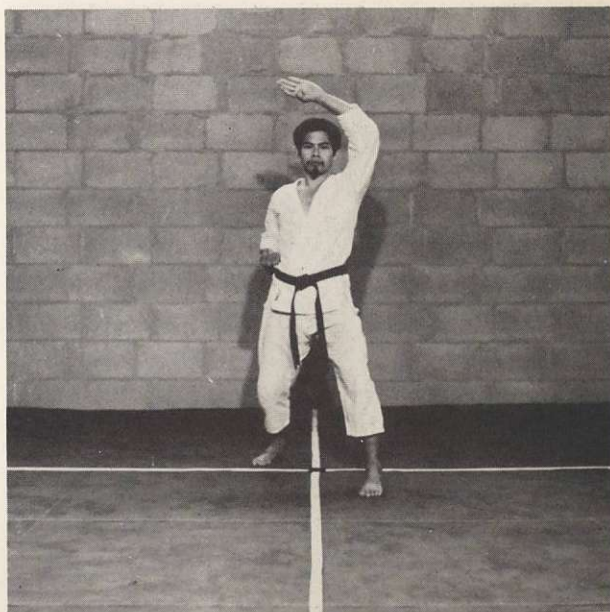
6 tetsui chûdan



7 oi zuki (1 sec)



8 gedan barai



9 jôdan shutô uke



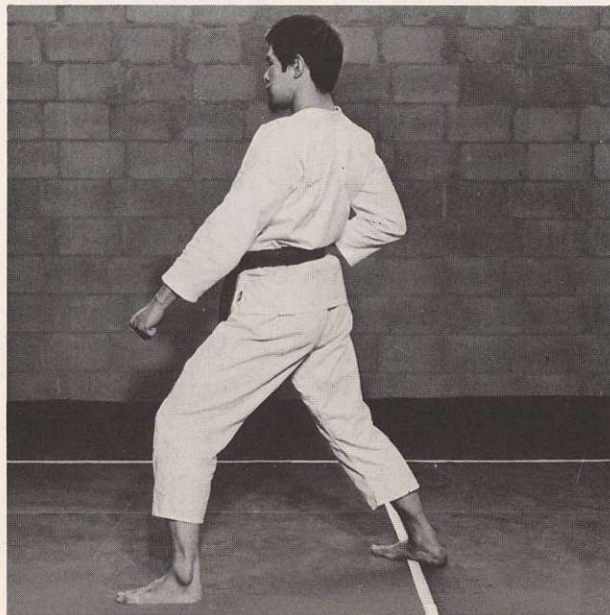
10 age uke



11 age uke



12 age uke (2 sec)

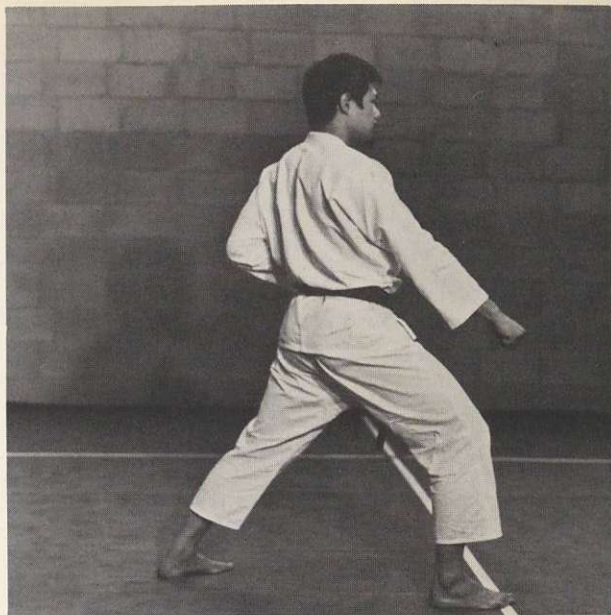


13 gedan barai





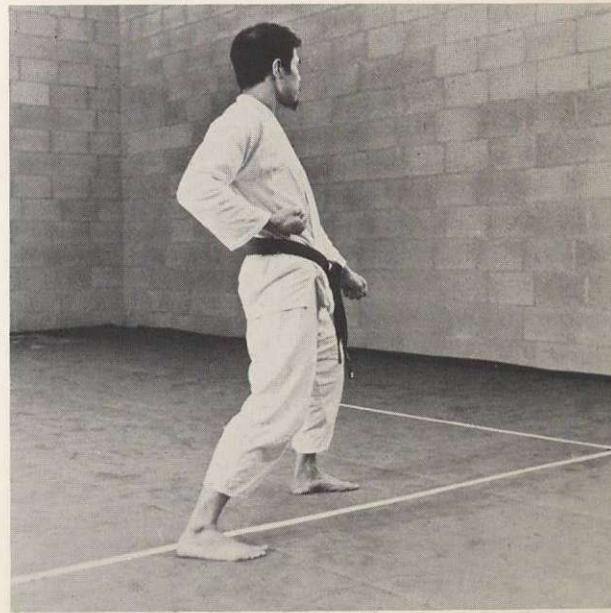
14 oi zuki



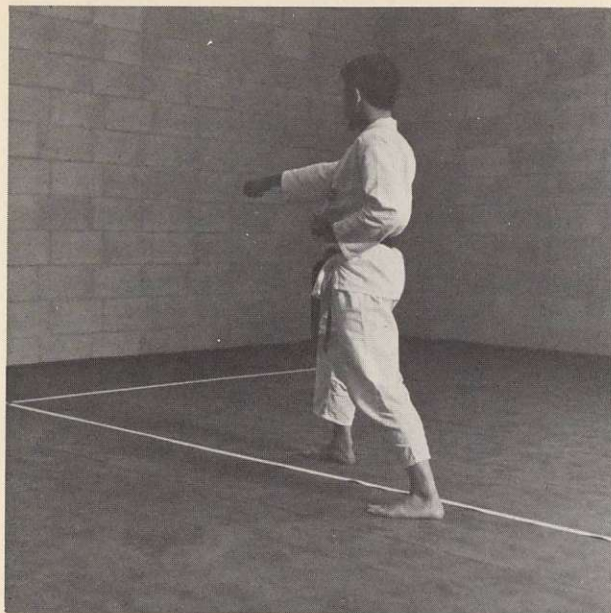
15 gedan barai



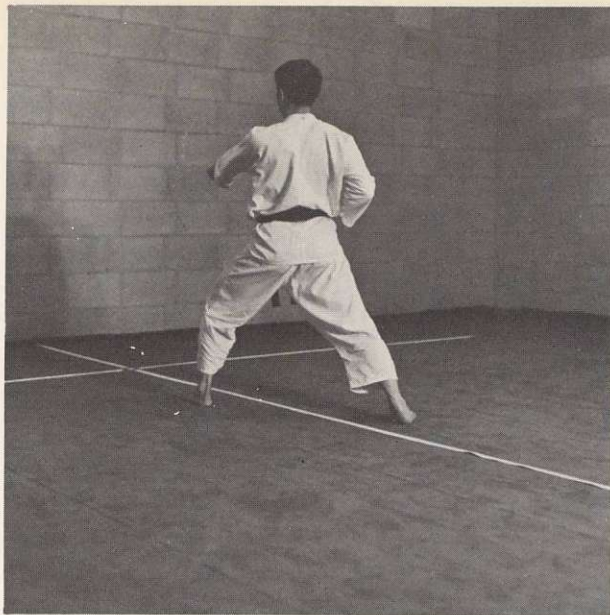
16 oi zuki



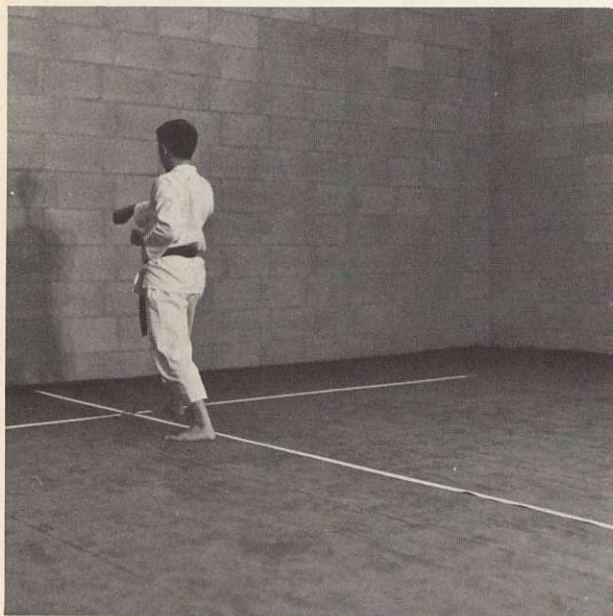
17 gedan barai



18 oi zuki



19 oi zuki

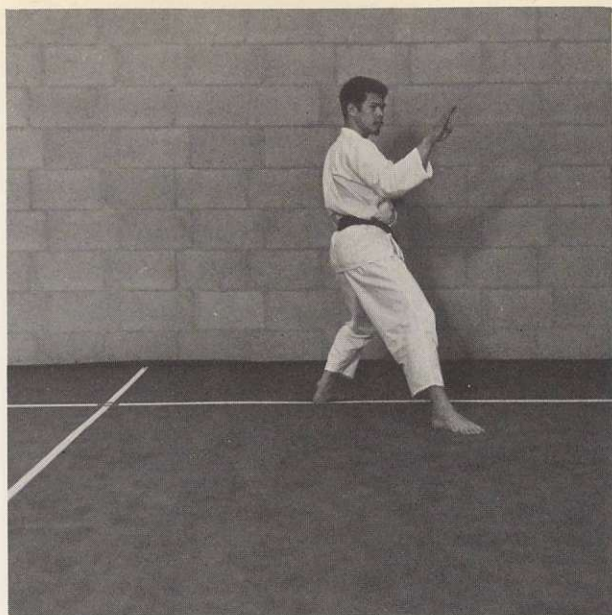


20 oi zuki (2 sec)

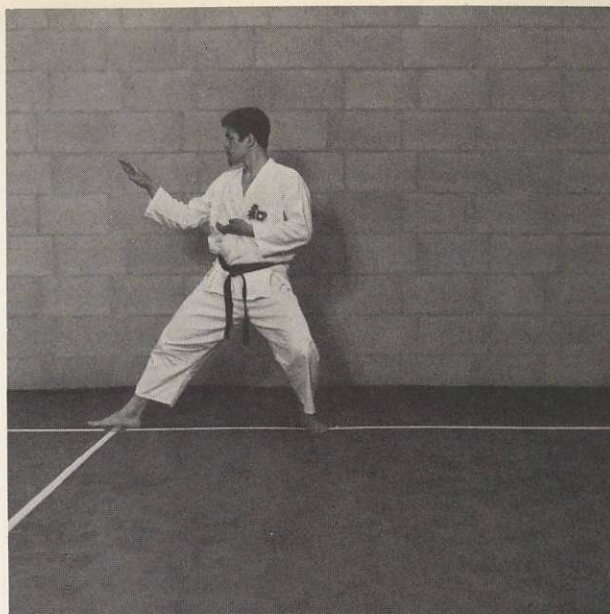


21 shutô uke

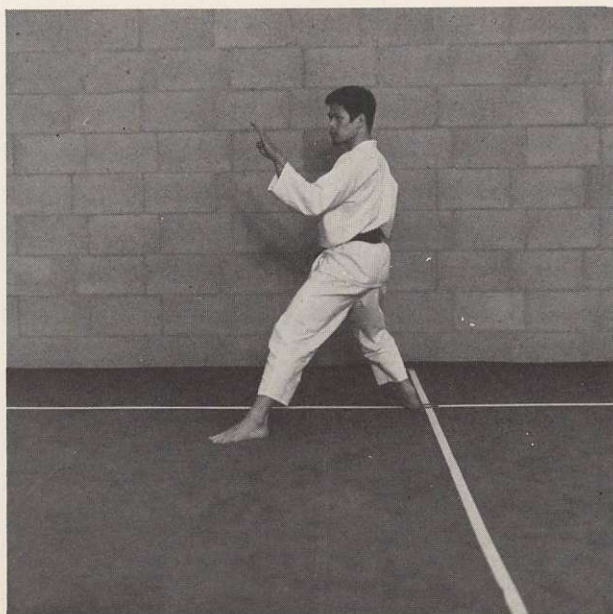




22 shutô uke



23 shutô uke



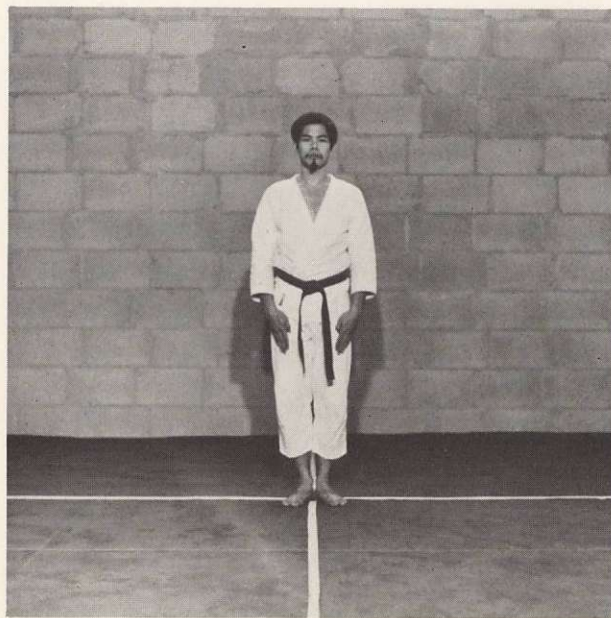
24 shutô uke (2 sec)



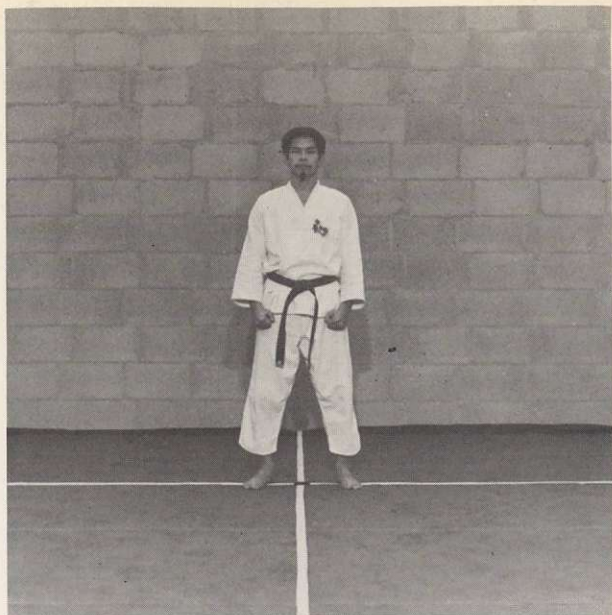
25 yame

**Shôtôkan**

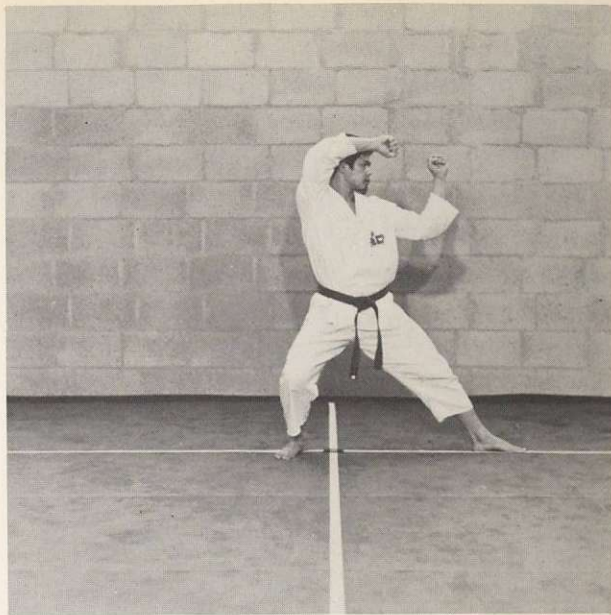
**Heian nidan**



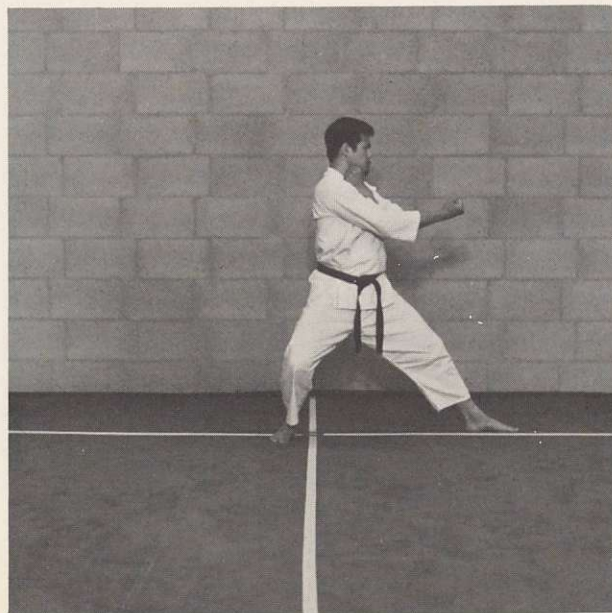




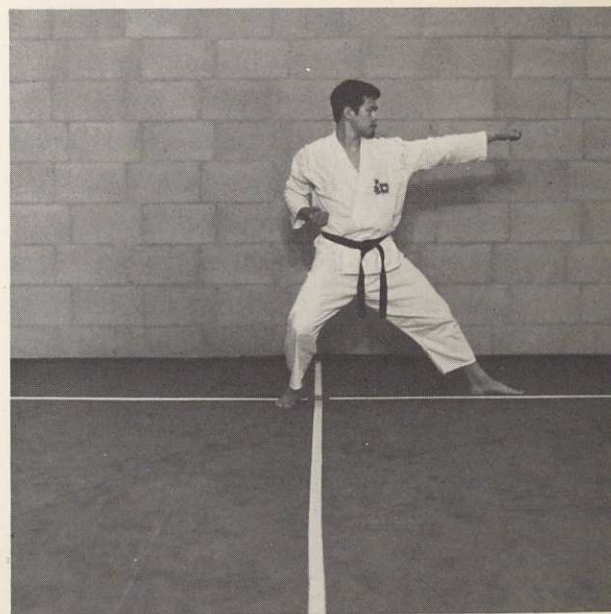
2 yoi



3 haishu uchi uke

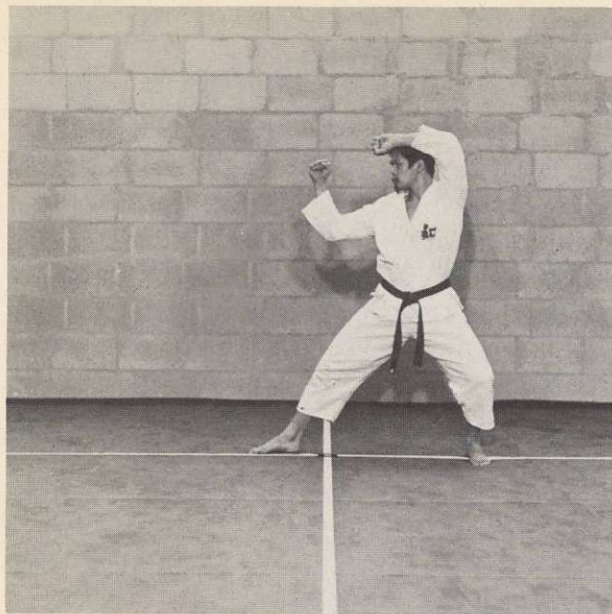


4 nagashi uke+tettsui

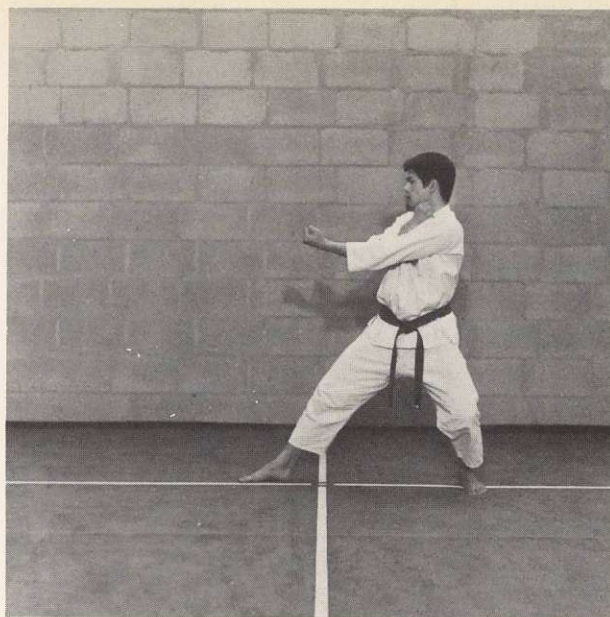


5 tettsui (1 sec)

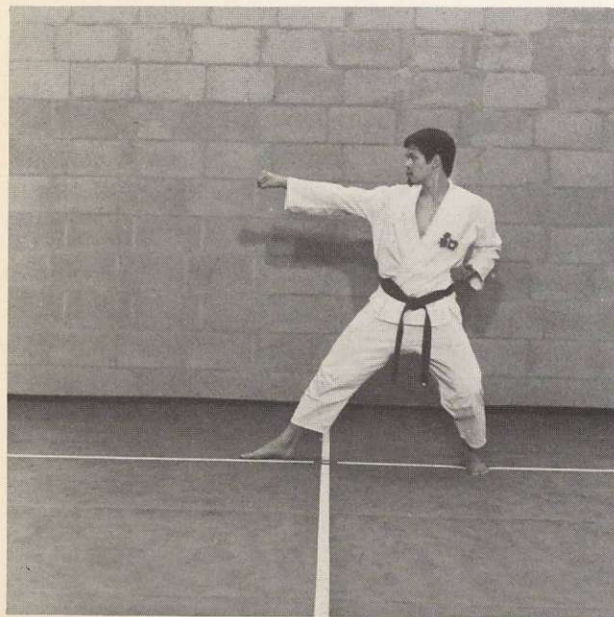




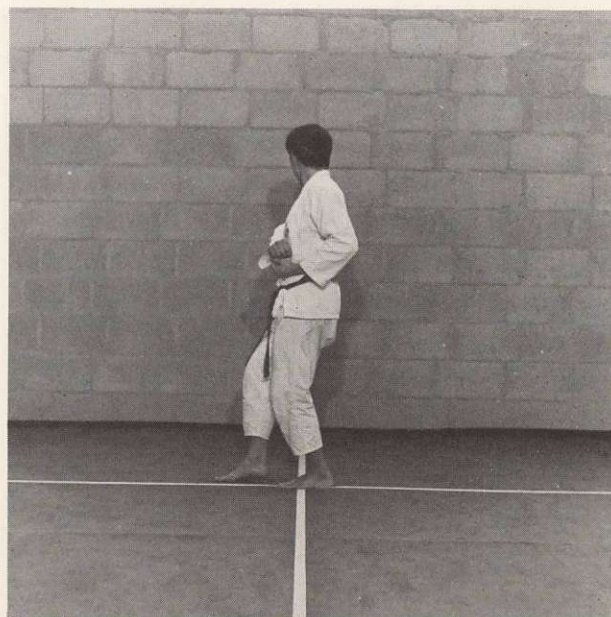
6 haishu uchi uke



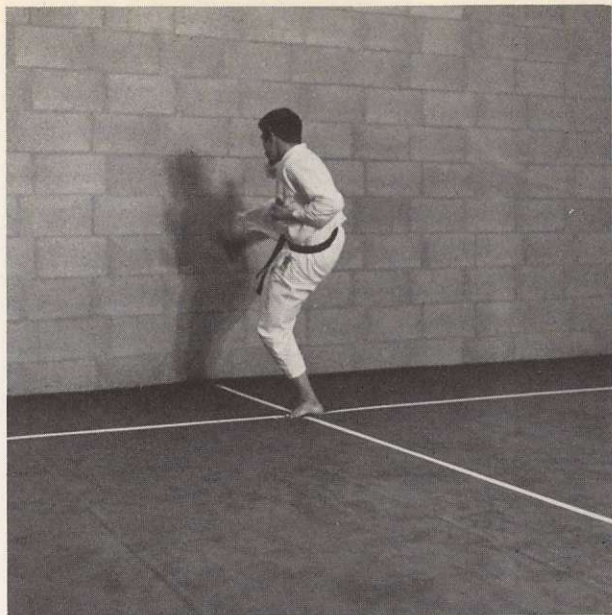
7 nagashi uke+tettsui



8 tettsui (1 sec)



9a (O)



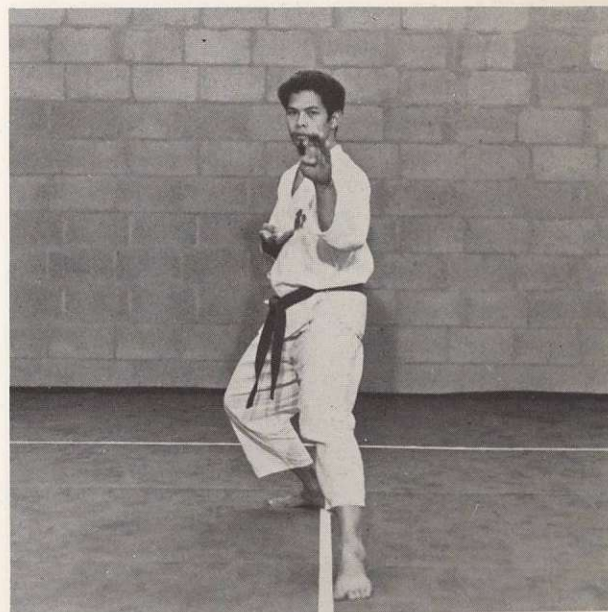
9b yoko geri keage+uraken



10 shutô uke



11 shutô uke

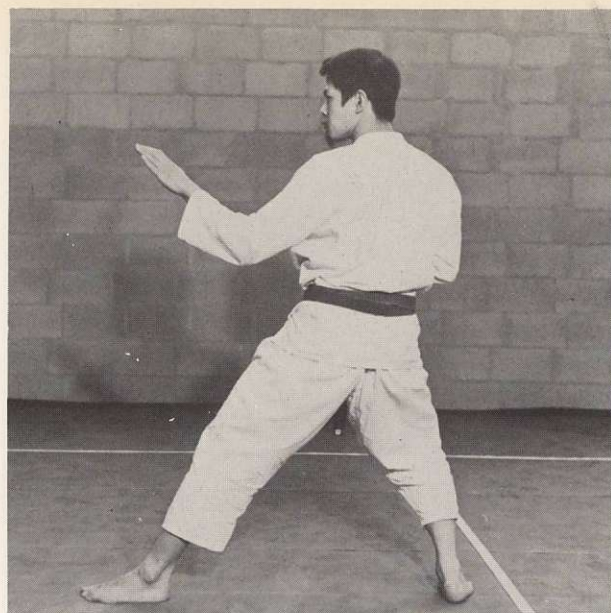


12 shutô uke





13 te osae uke+nukite (2 sec)



14 shutō uke



15 shutō uke (1 sec)

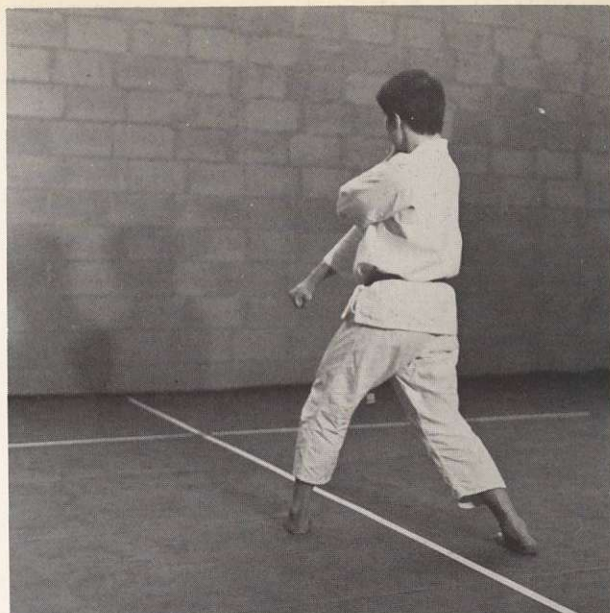


16 shutō uke

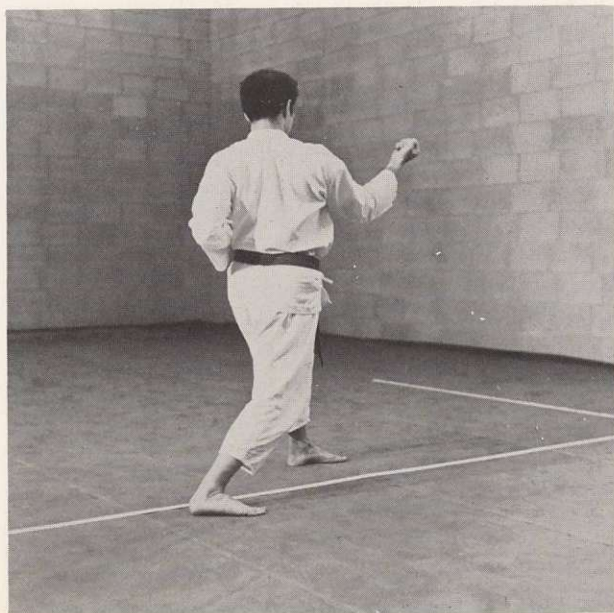




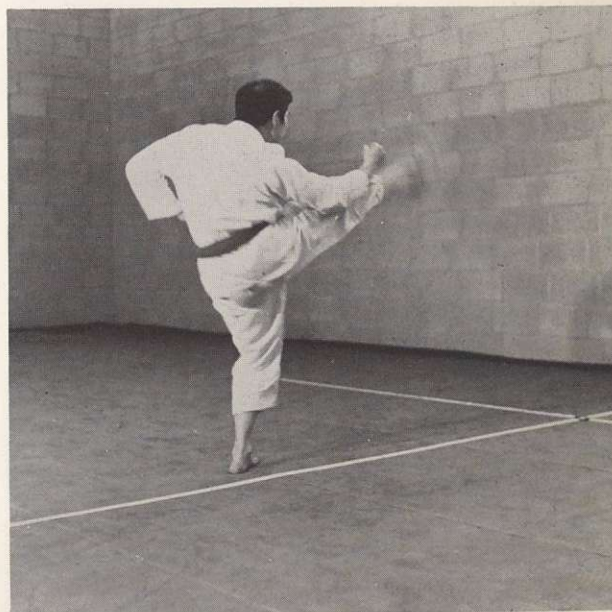
17 shutô uke (1 sec)



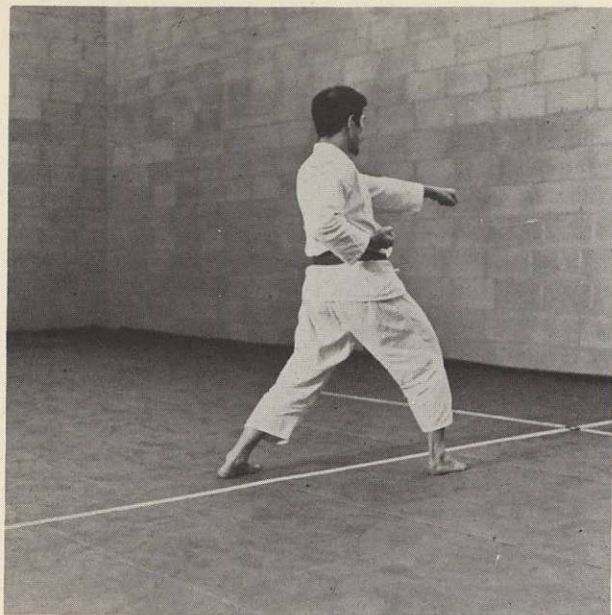
18a gedan uchi harai uke



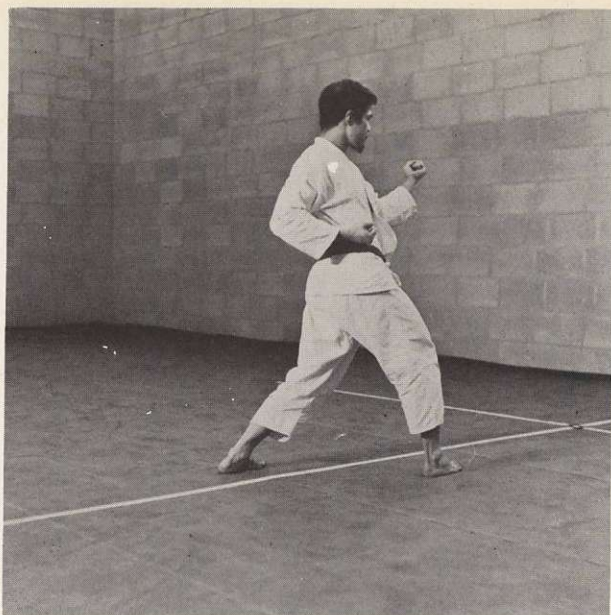
18b gyaku uchi uke



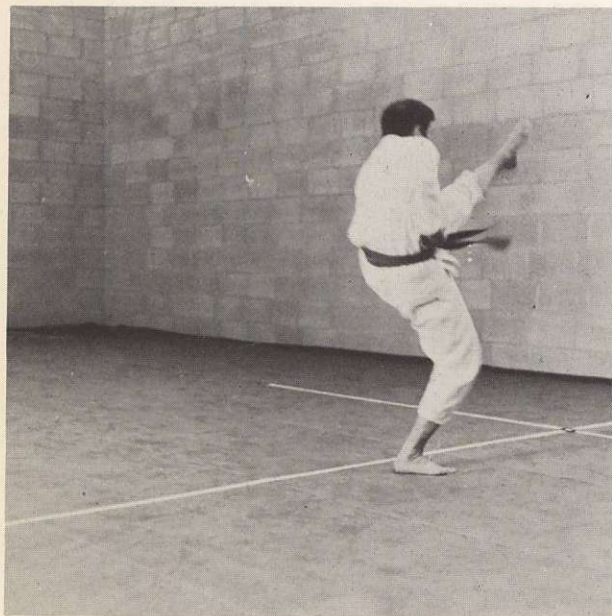
19 mae geri



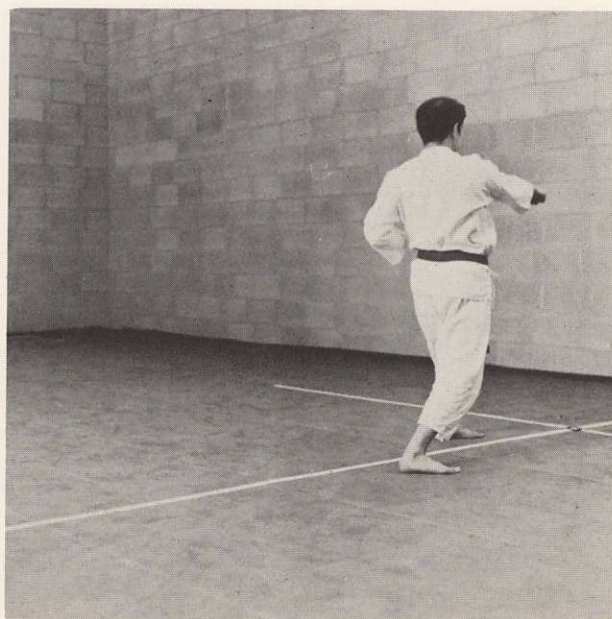
20 gyaku zuki



21 gyaku uchi uke

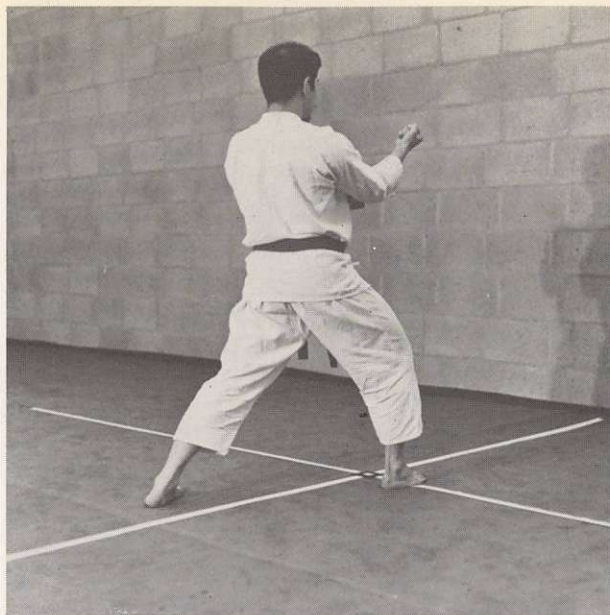


22 mae geri

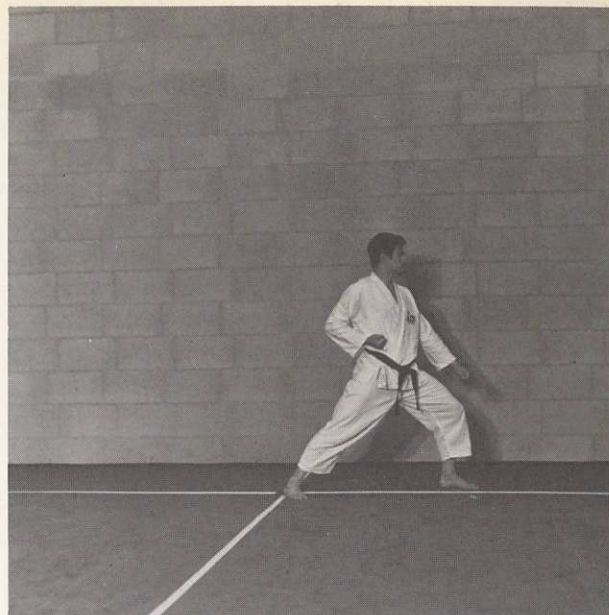


23 gyaku zuki

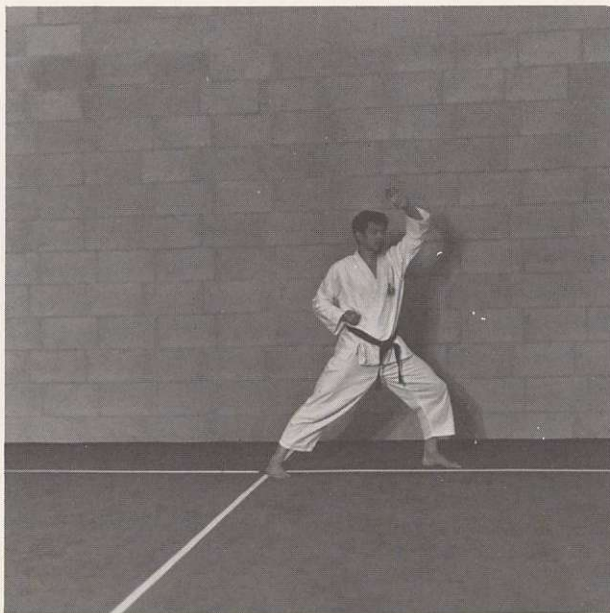




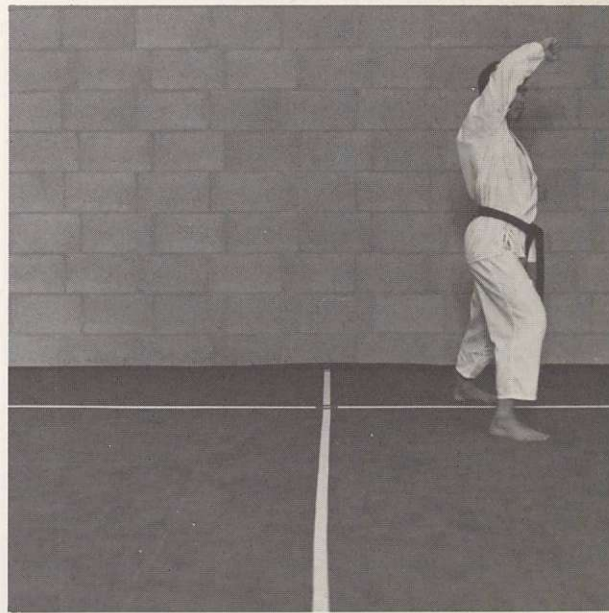
24 morote uke (1 sec)



25 gedan barai

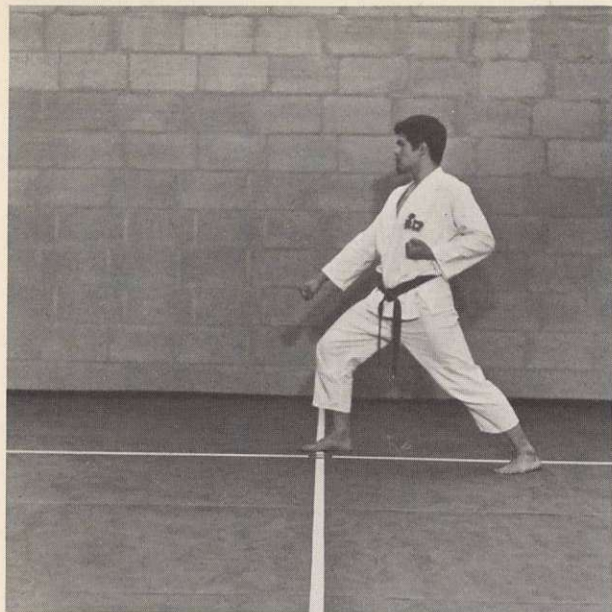


26 jōdan shutō uke



27 age uke

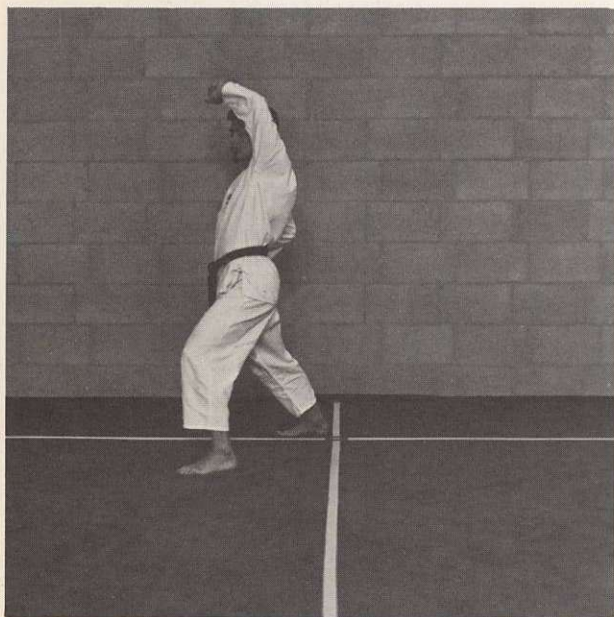




28 gedan barai



29 jôdan shutô uke



30 age uke (2 sec)



31 yame

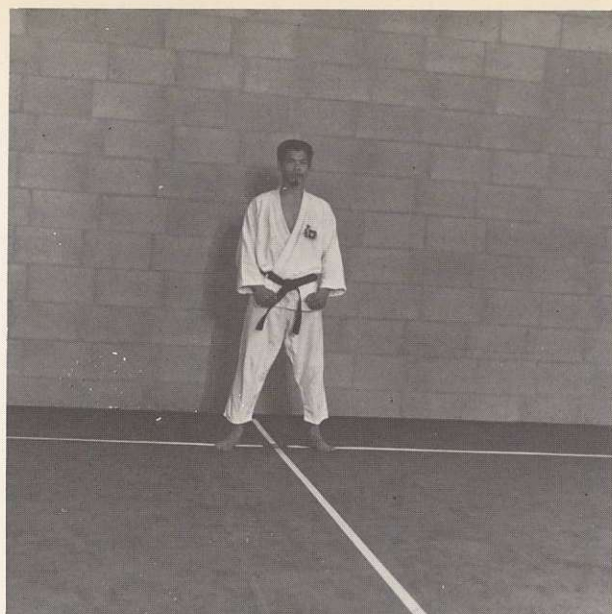
**Shôtôkan**

**Heian sandan**





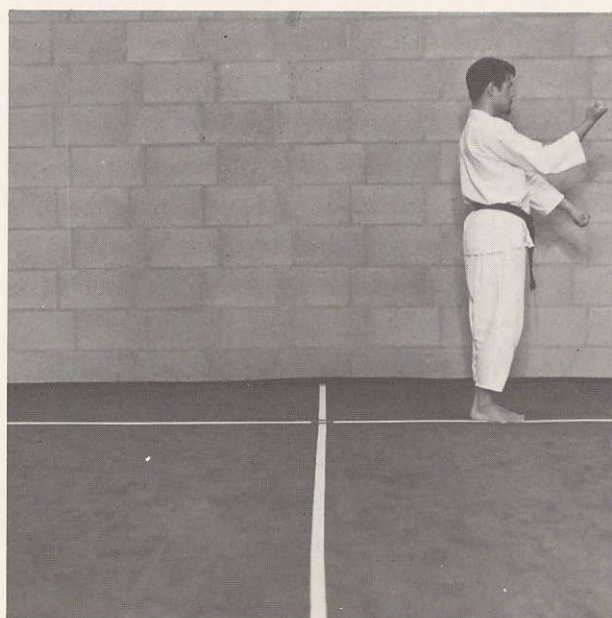
1 musubi dachi



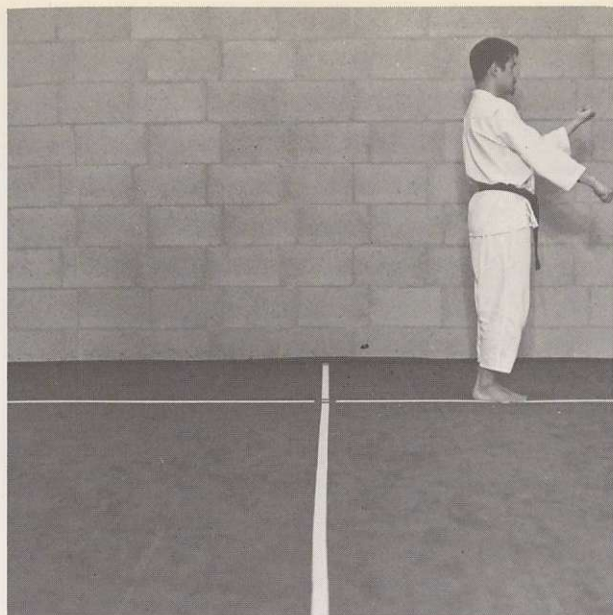
2 yoi



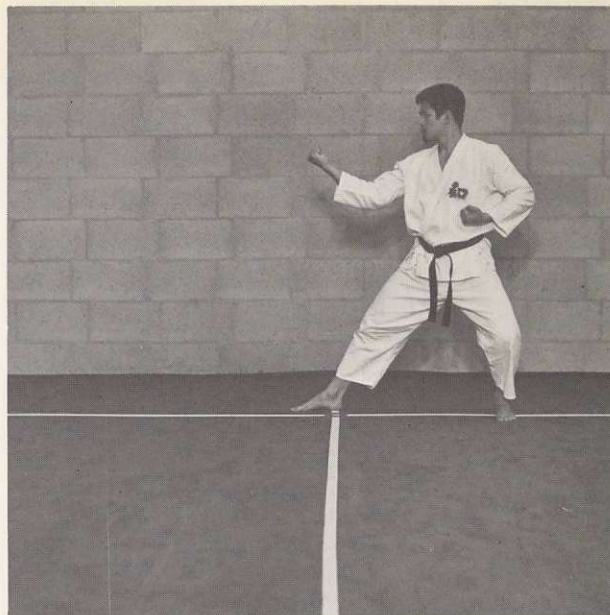
3 uchi uke



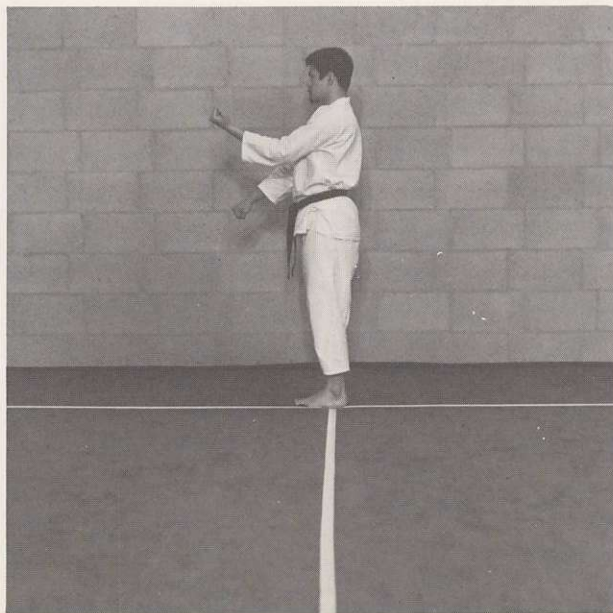
4 uchi uke+gedan barai



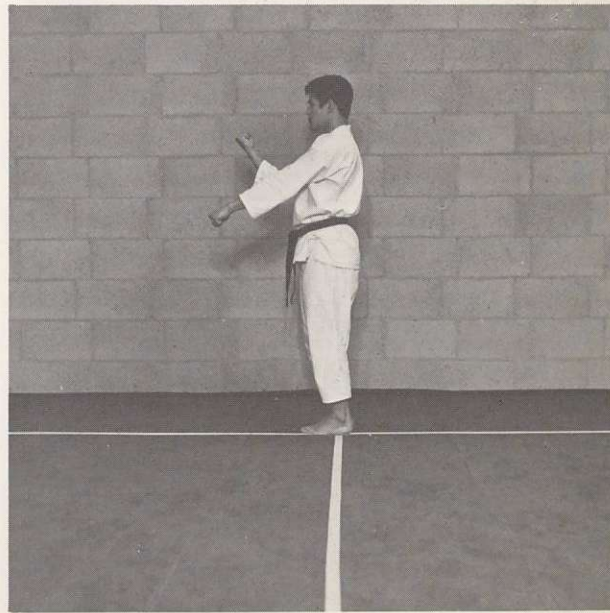
5 uchi uke+gedan barai



6 uchi uke



7 uchi uke+gedan barai

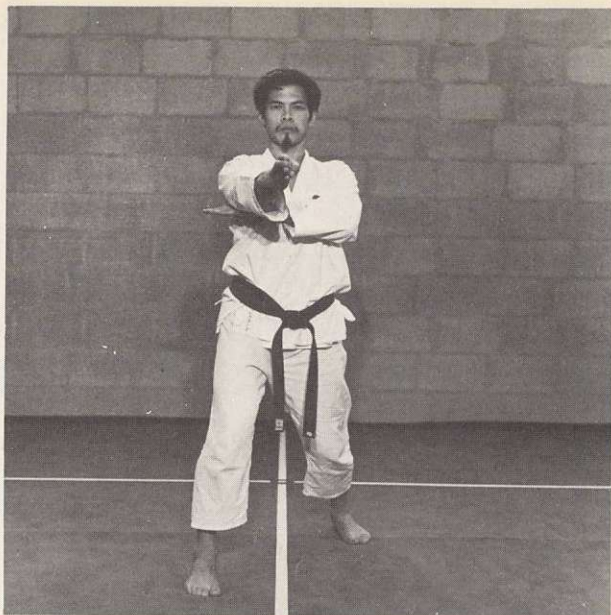


8 uchi uke+gedan barai

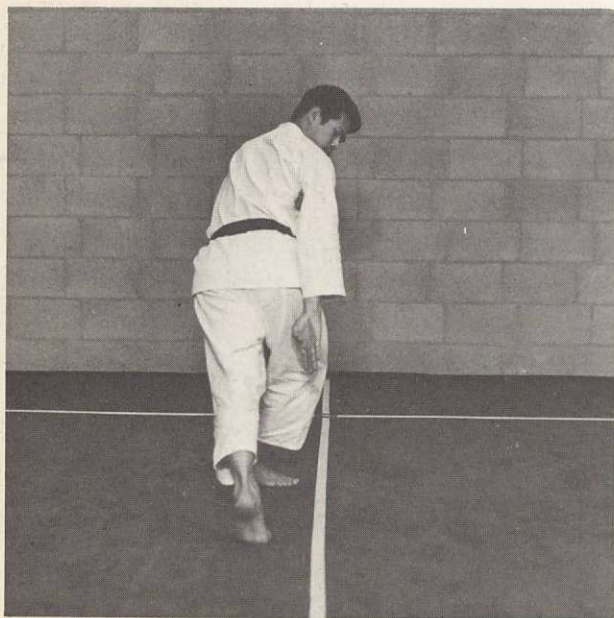




9 morote uke



10 te osae uke + nukite



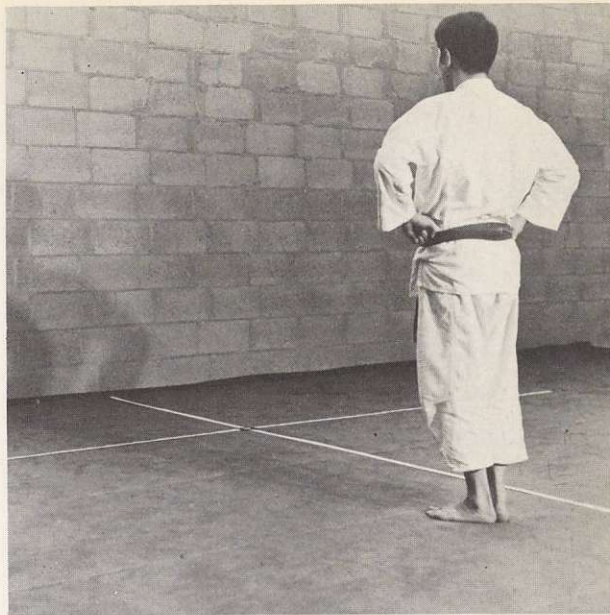
11a mawashi



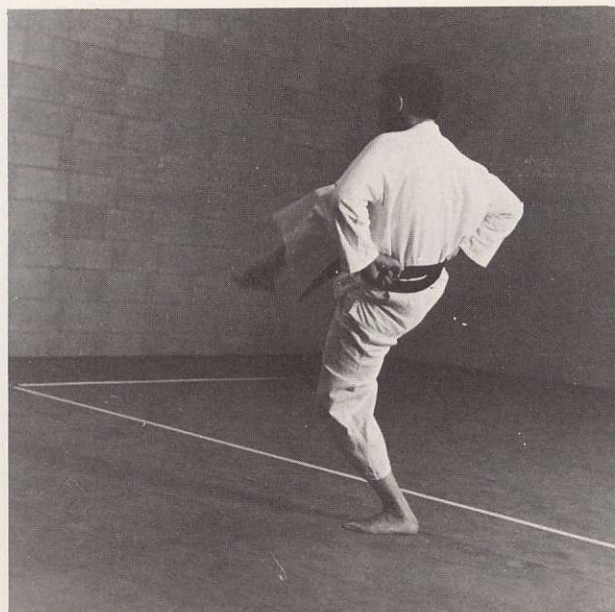
11b tetsui chûdan



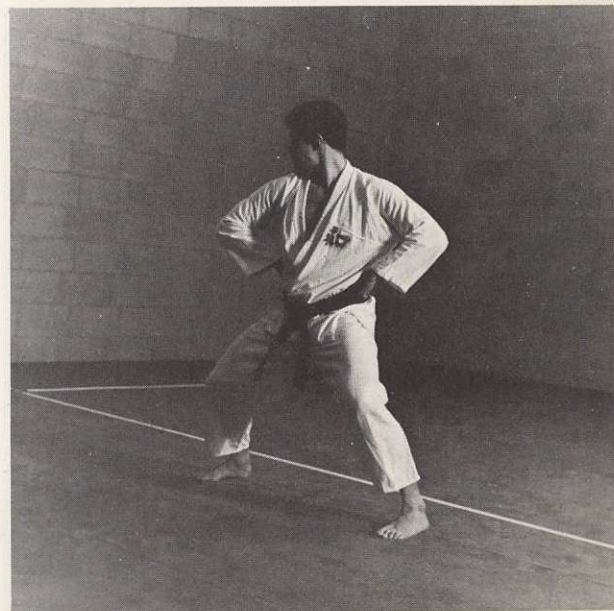
12 oi zuki (2 sec)



13 kamae (L+2 sec)

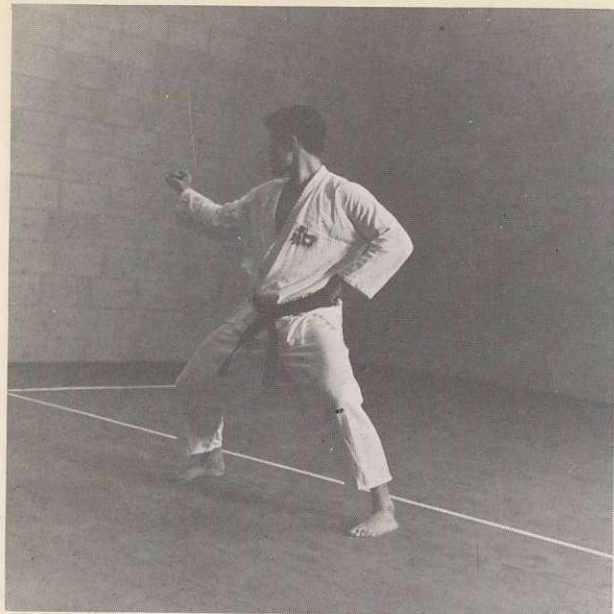


14a fumikomi (0)

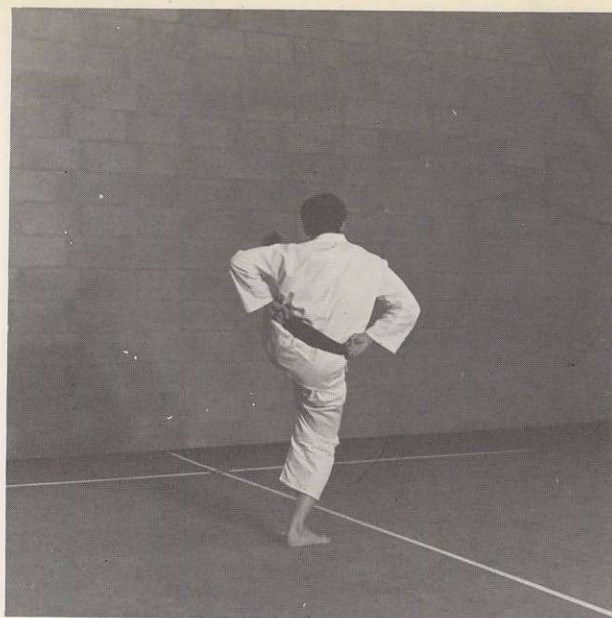


14b hiji uke





15    tate uraken



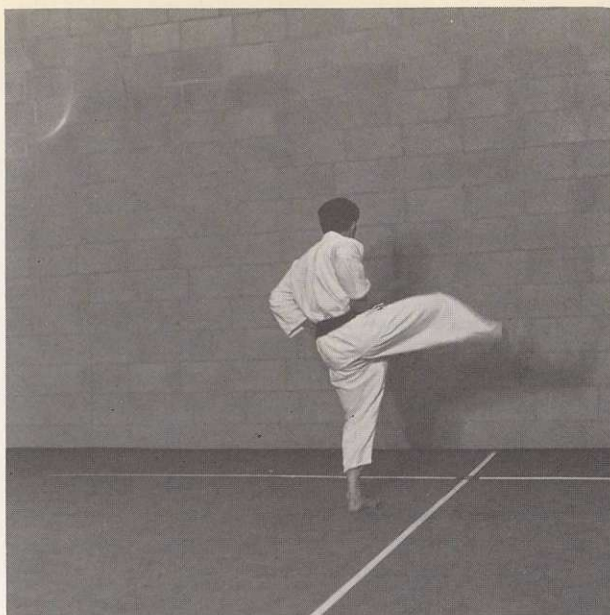
16a    fumikomi (O)



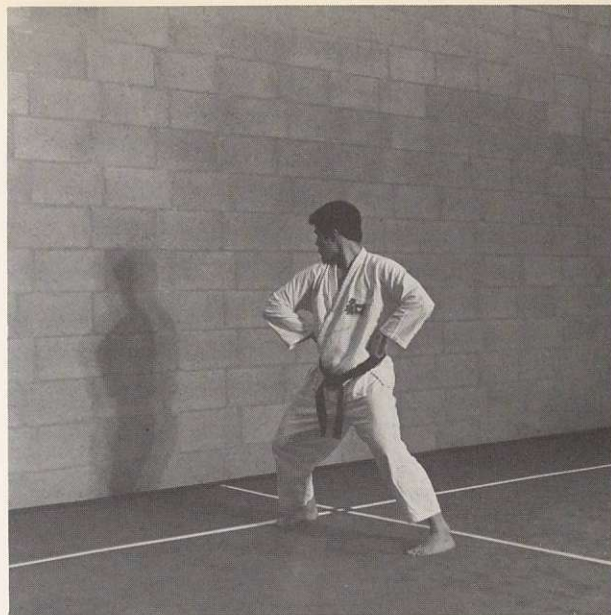
16b    hiji uke



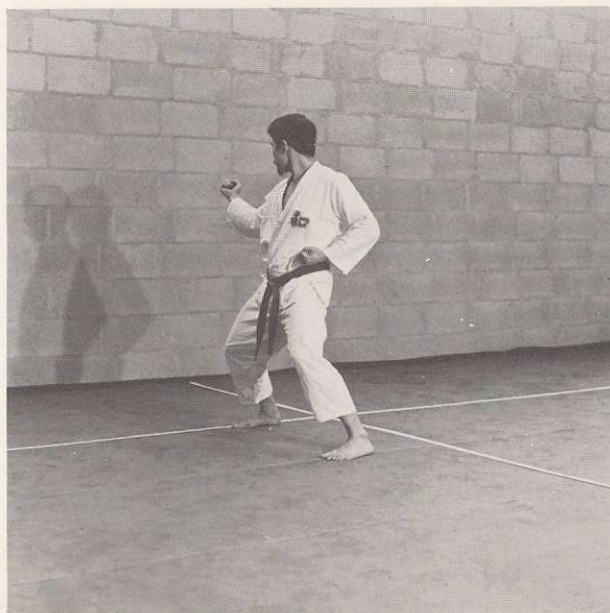
17    tate uraken



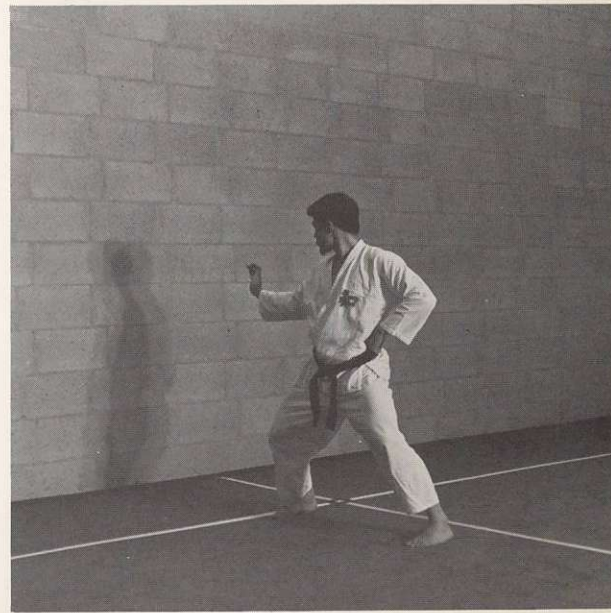
18a fumikomi (O)



18b hiji uke

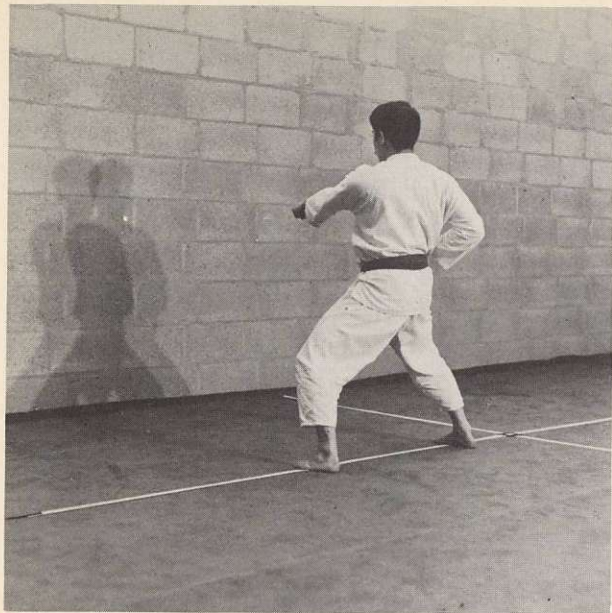


19 tate uraken



20 tate shutō uke (L)





21 oi zuki



22 ushiro enpi



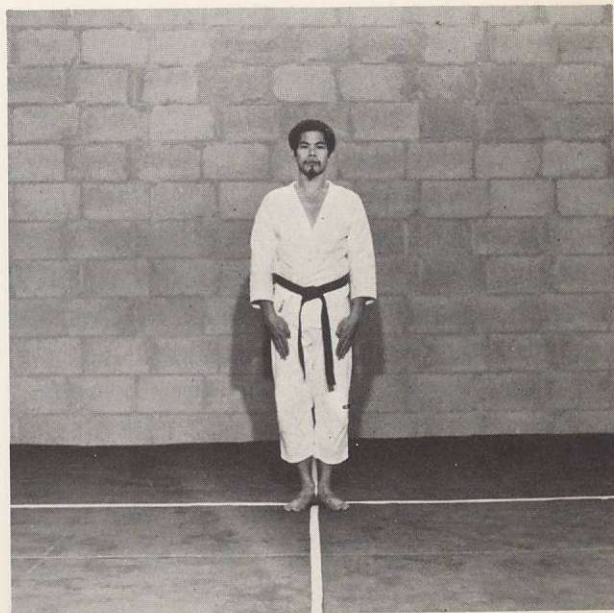
23 ushiro enpi (2 sec)



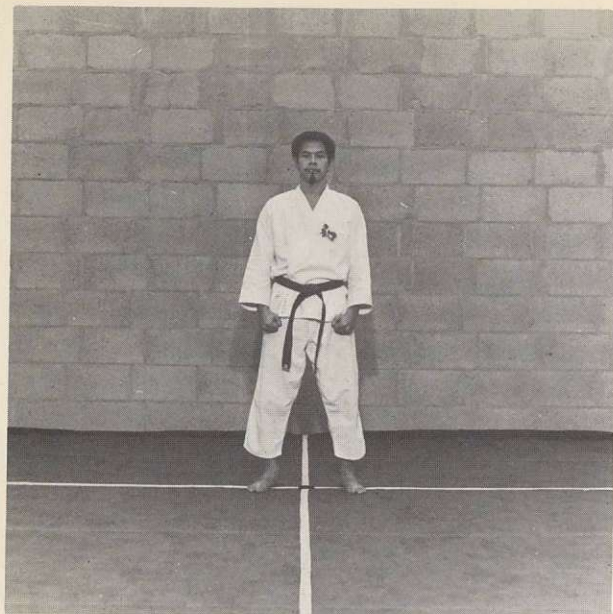
24 yame

## Shôtôkan

### Heian yodan



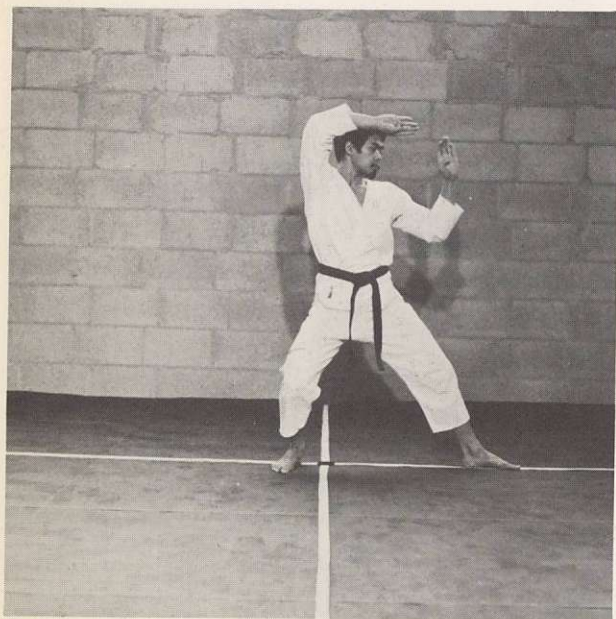




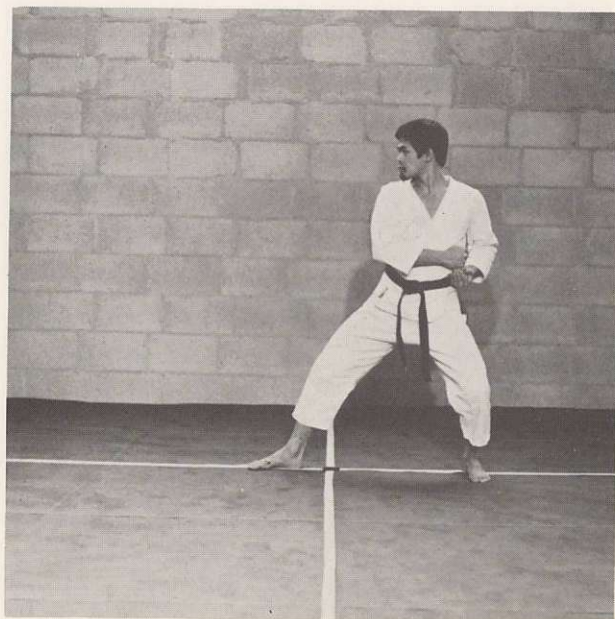
2 yoi



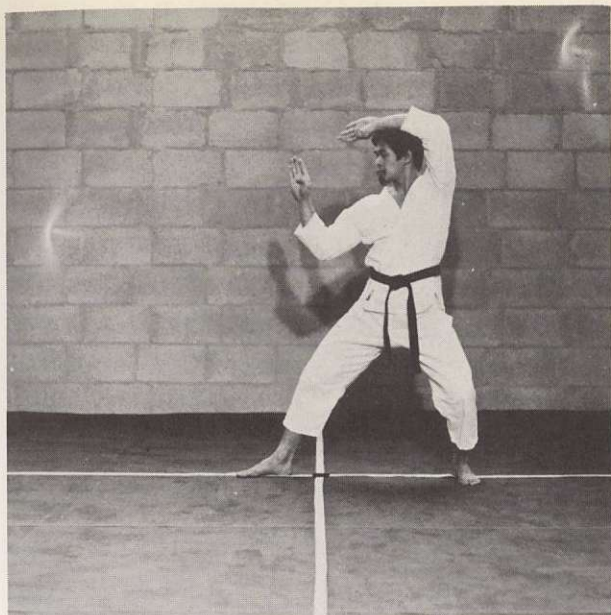
3 kamae (O)



4 haishu uke (L)



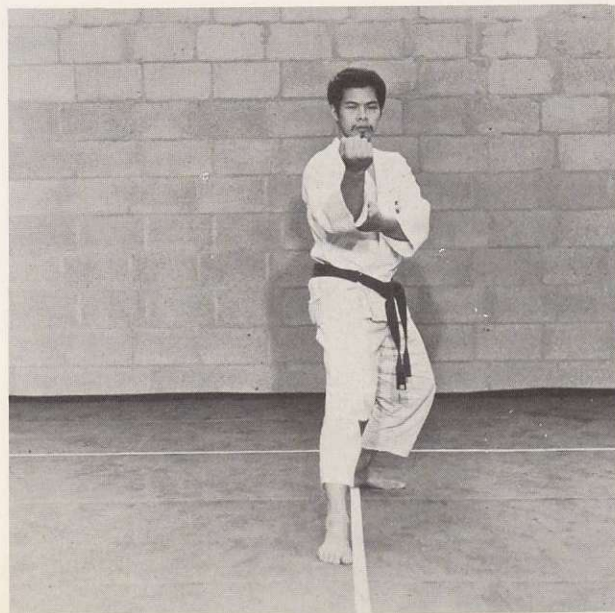
5 kamae (O)



6 haishu uke (L)



7 gedan jûji uke



8 morote uke

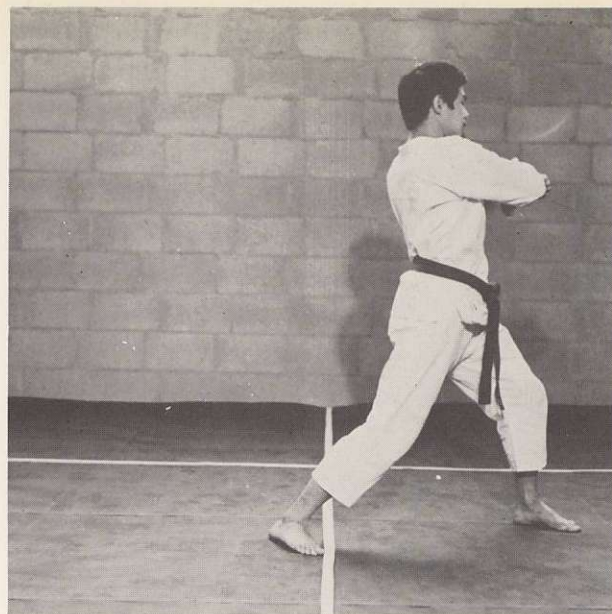


9 kamae (O)

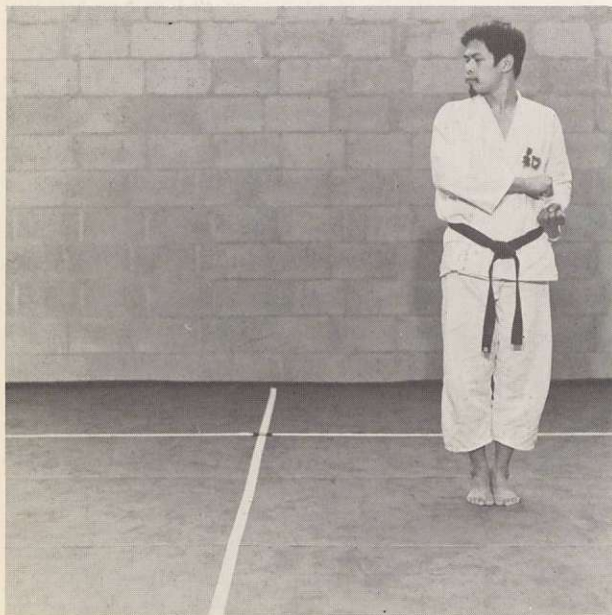




10 yoko geri keage+uraken



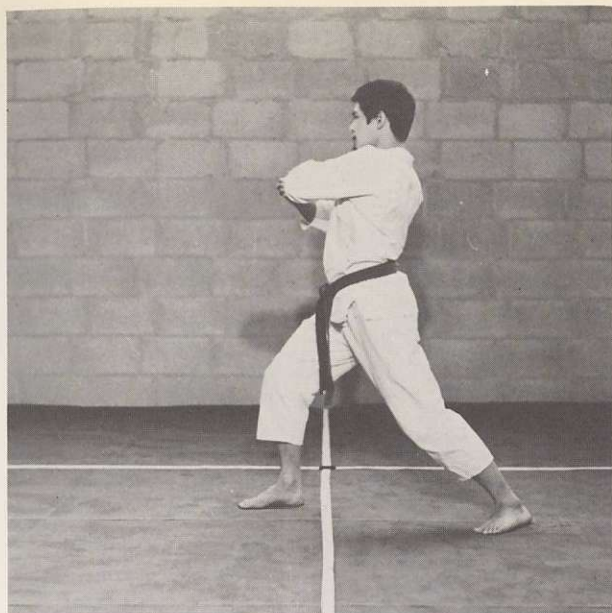
11 mae enpi uchi



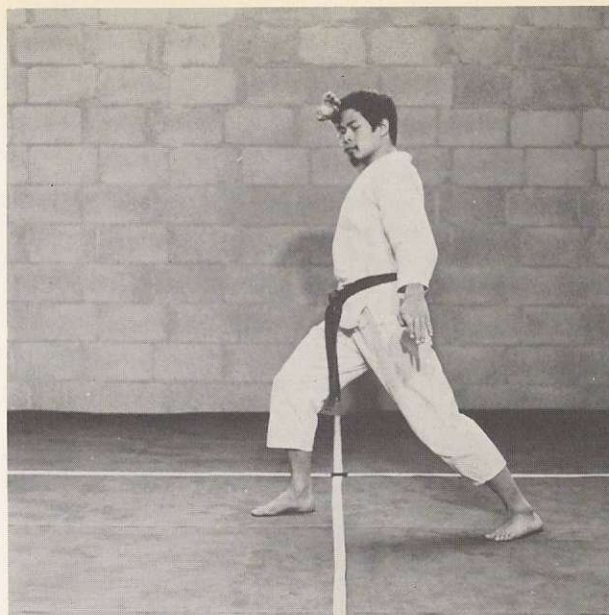
12 kamae (O)



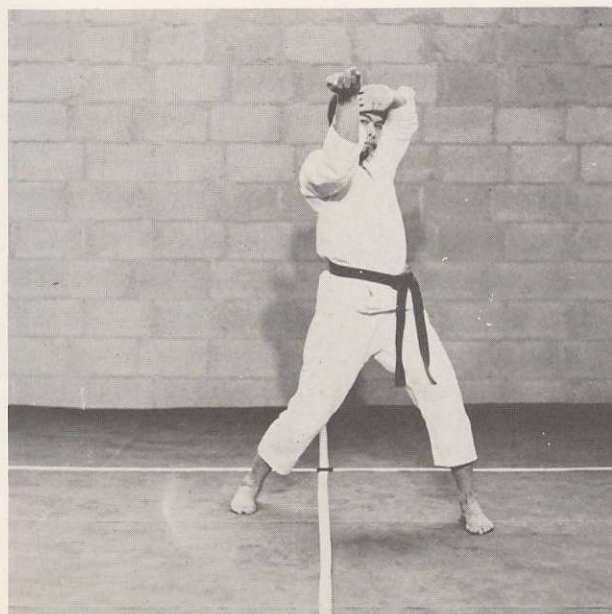
13 yoko geri keage+uraken



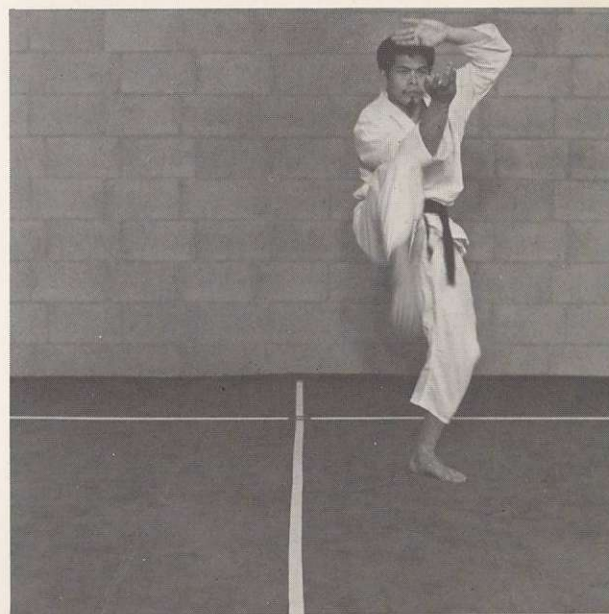
14 mae enpi uchi



15 shutô gedan barai

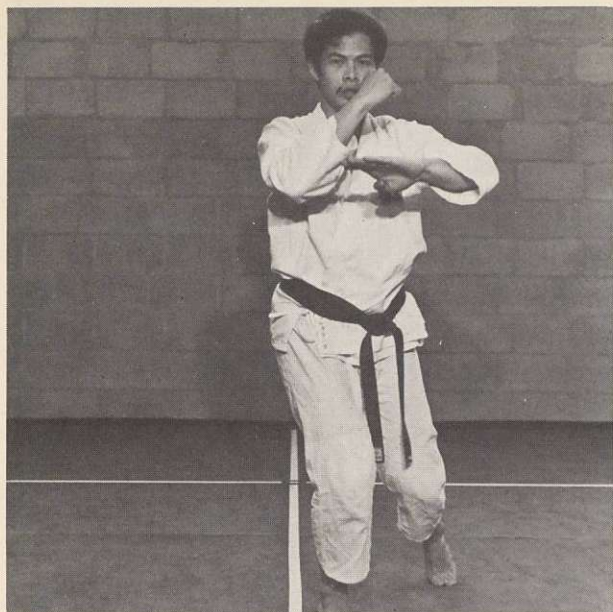


16 shutô uchi



17 mae geri

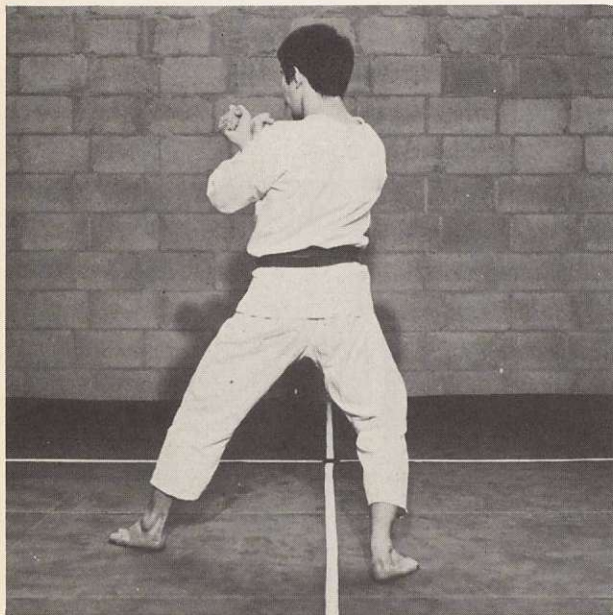




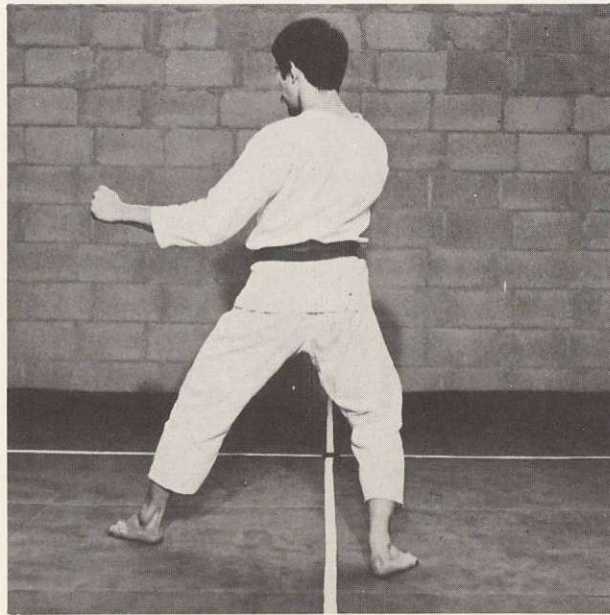
18a osae uke



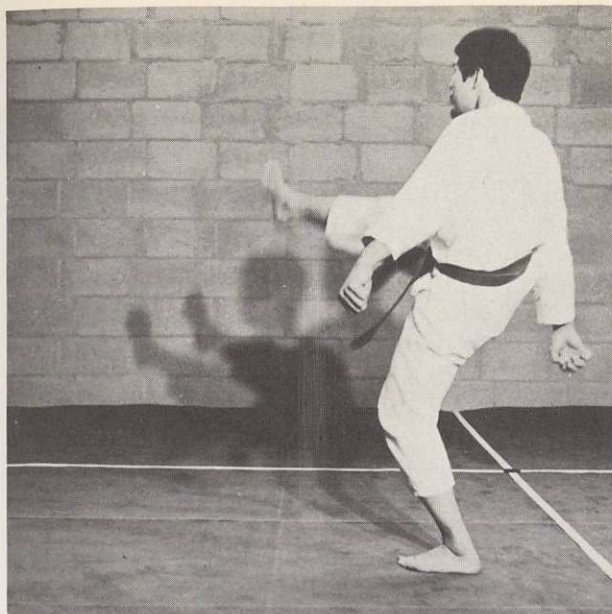
18b tate uraken (2 sec)



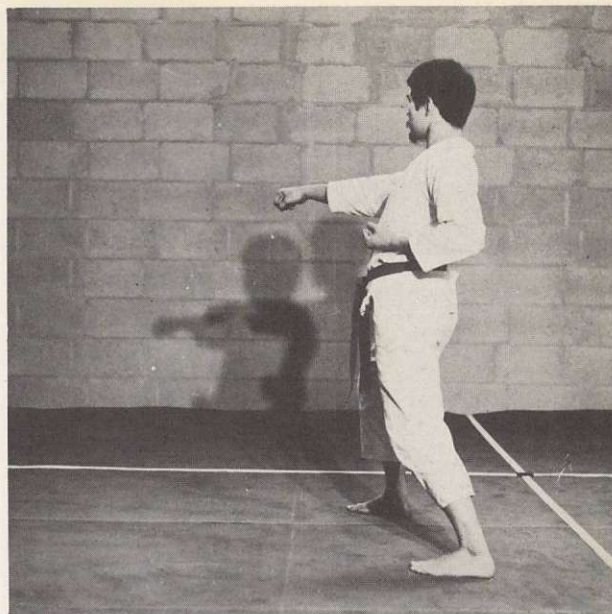
19a



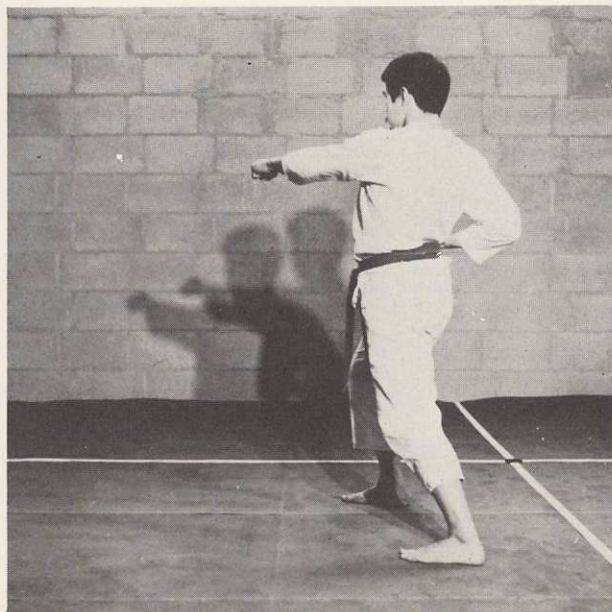
19b kakiwake uke (L)



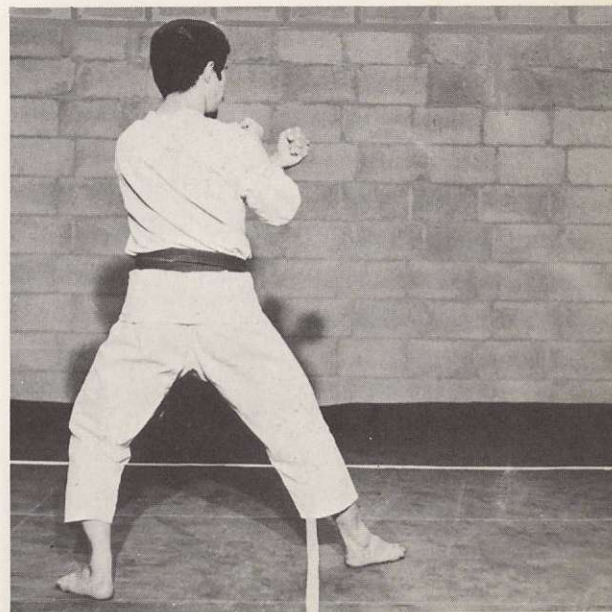
20 mae geri



21 oi zuki

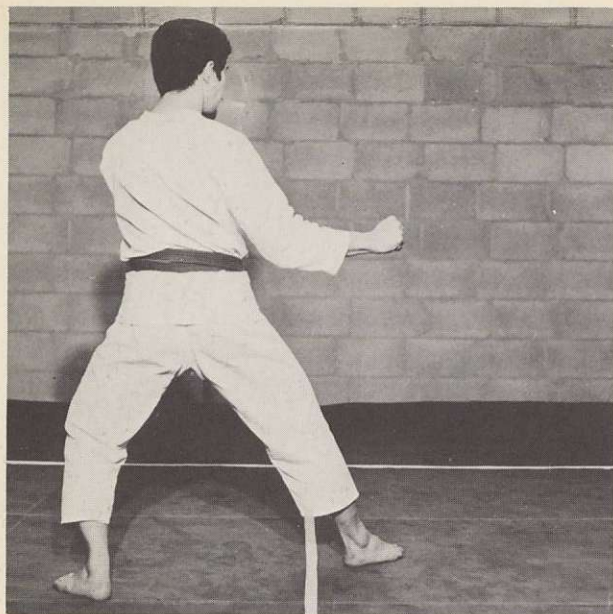


22 gyaku zuki



23a

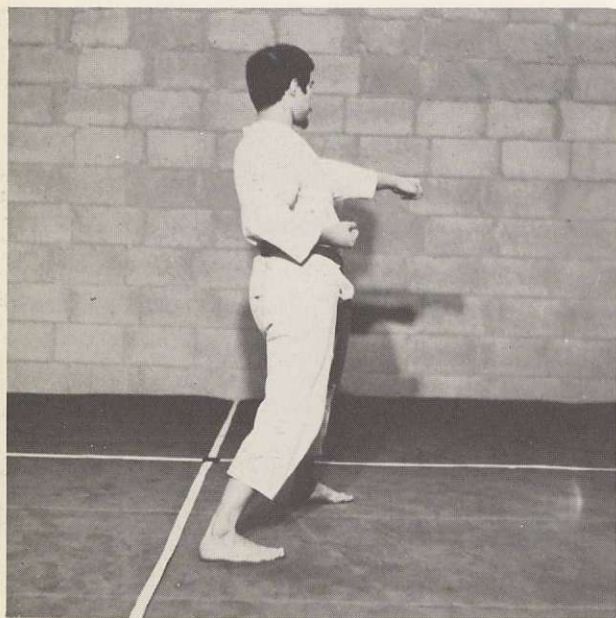




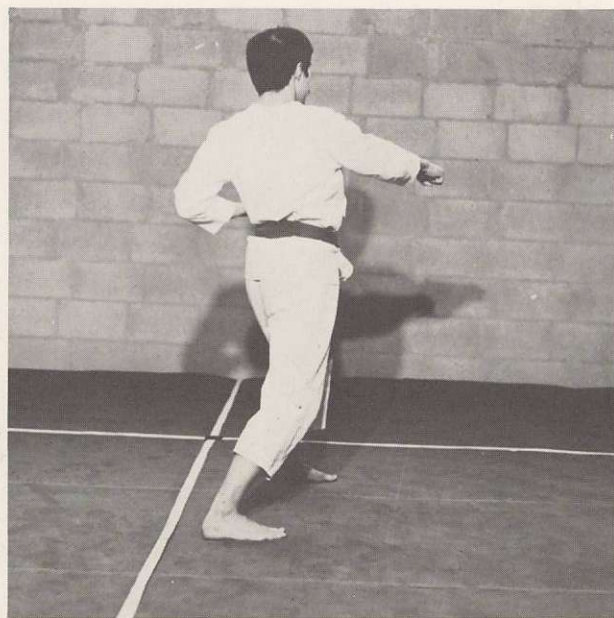
23b kakiwake uke (L)



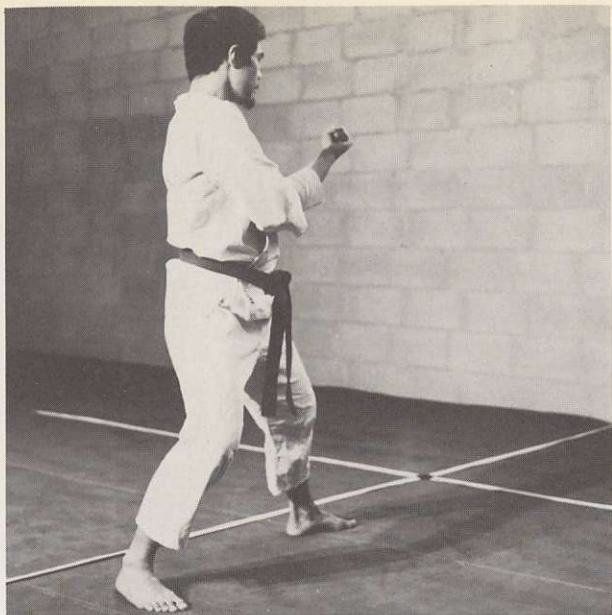
24 mae geri



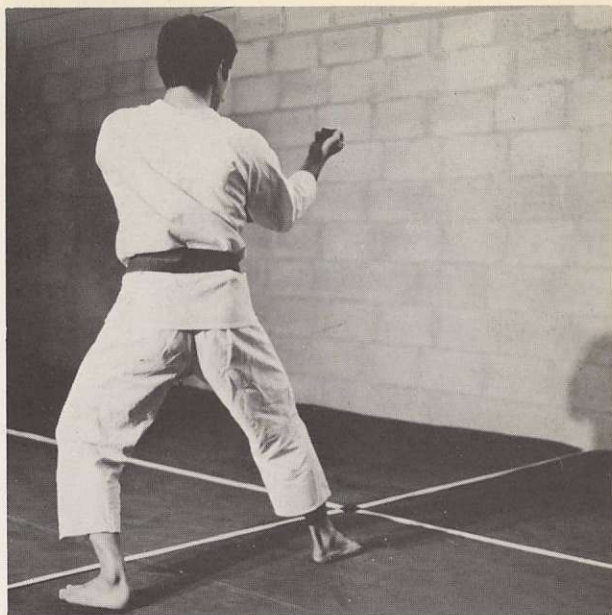
25 oi zuki



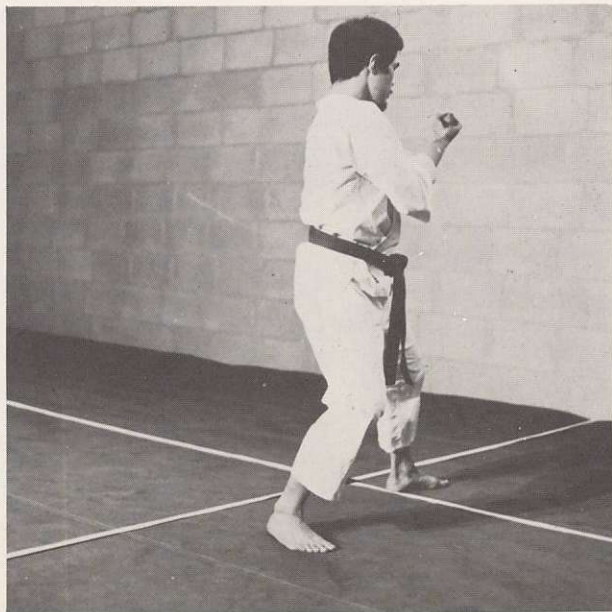
26 gyaku zuki



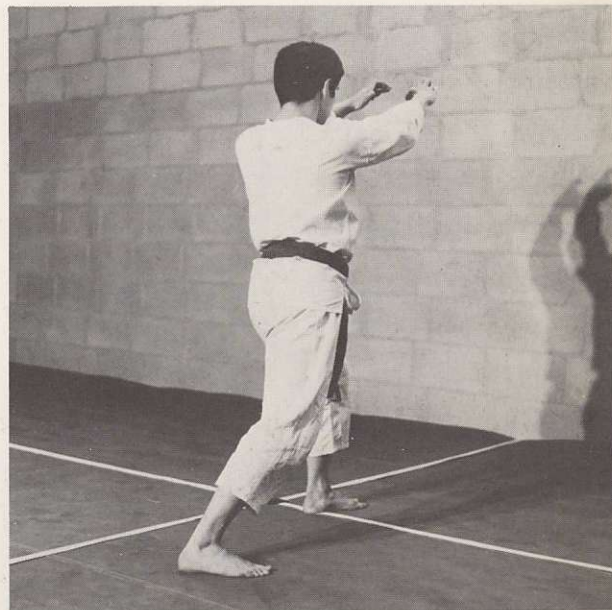
27 morote uke



28 morote uke

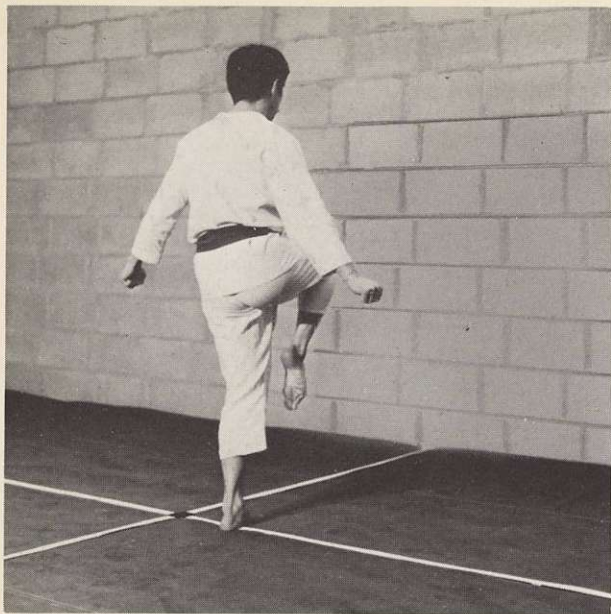


29 morote uke



30a tsukami





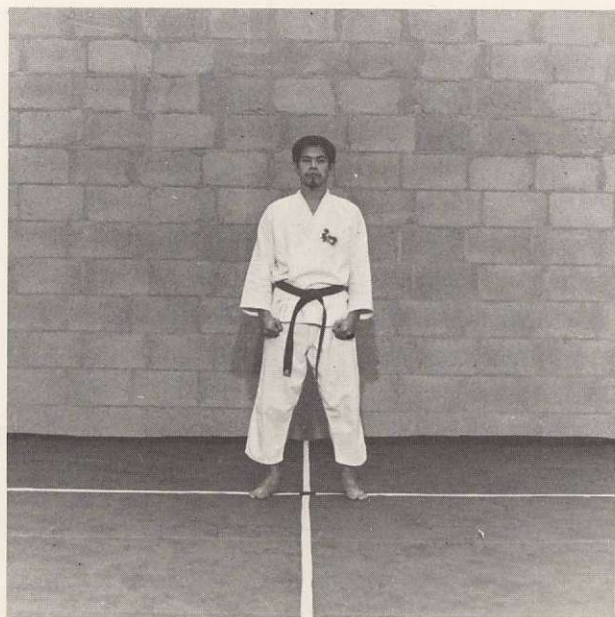
30b hiza uchi



31 shutô uke (1 sec)



32 shutô uke (2 sec)



33 yame

# Shôtôkan

## Heian godan

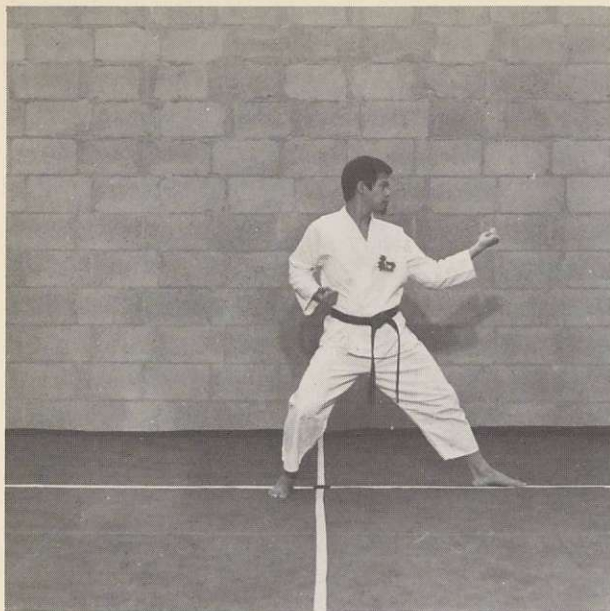


1 musubi dachi

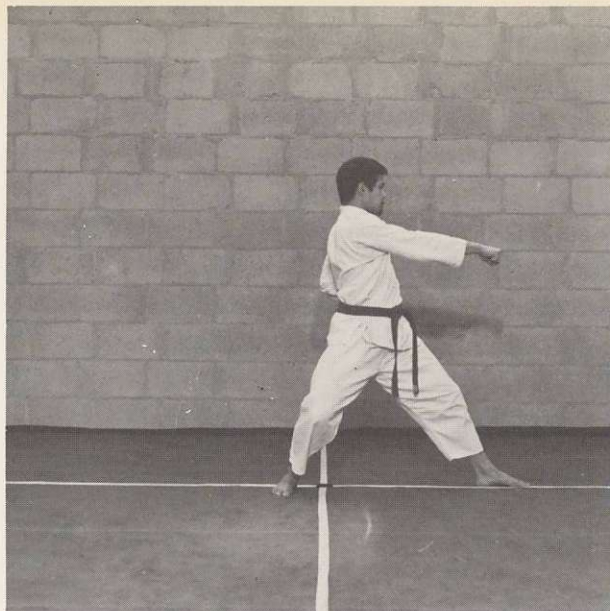


2 yôï

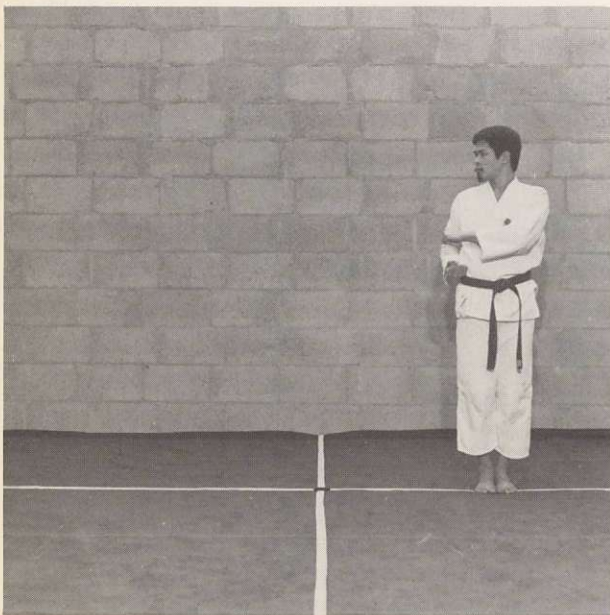




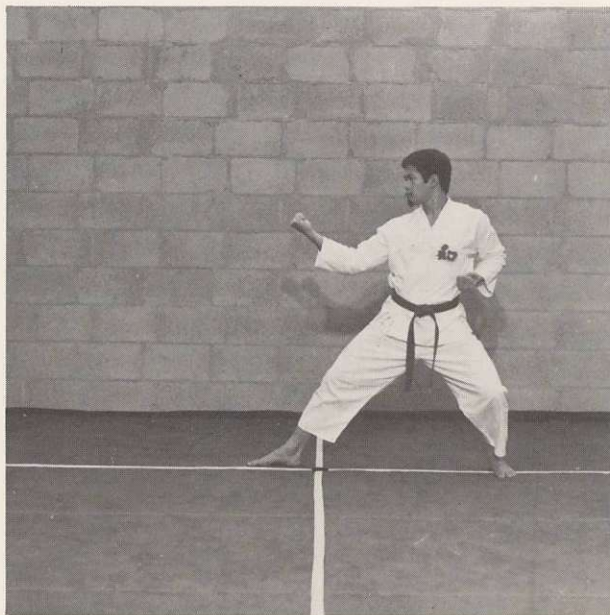
3 uchi uke



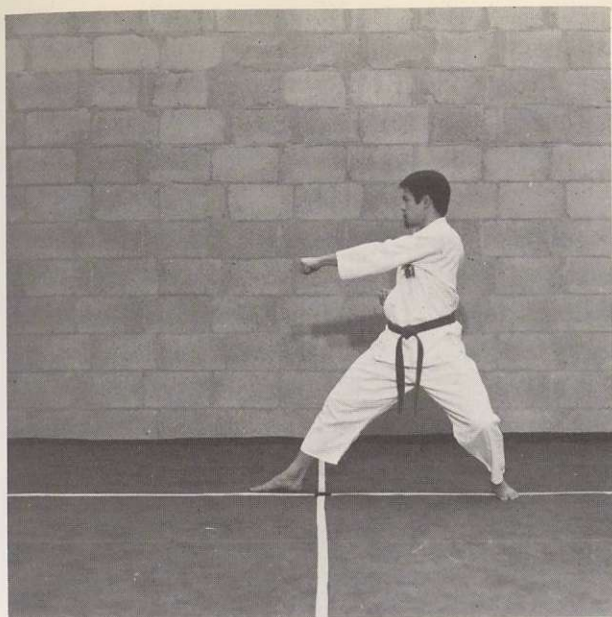
4 choku zuki



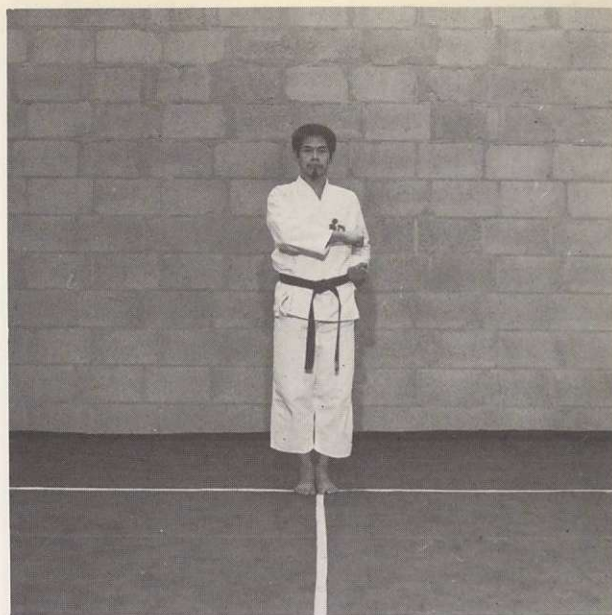
5 kamae (L+1 sec)



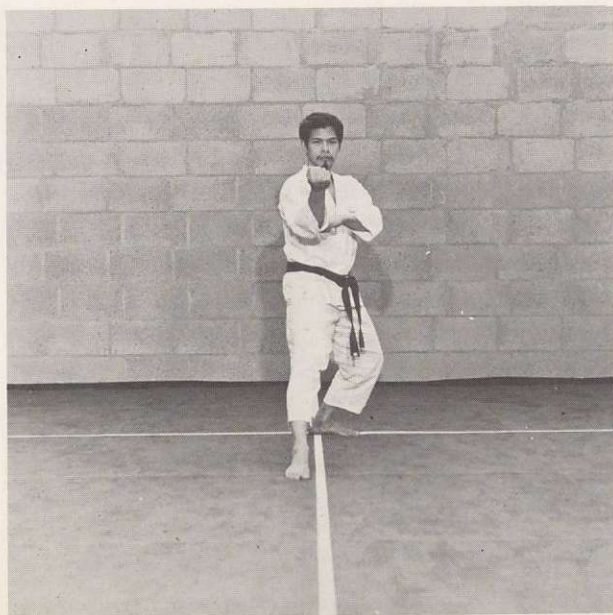
6 uchi uke



7 choku zuki



8 kamae (L+1 sec)



9 morote uke

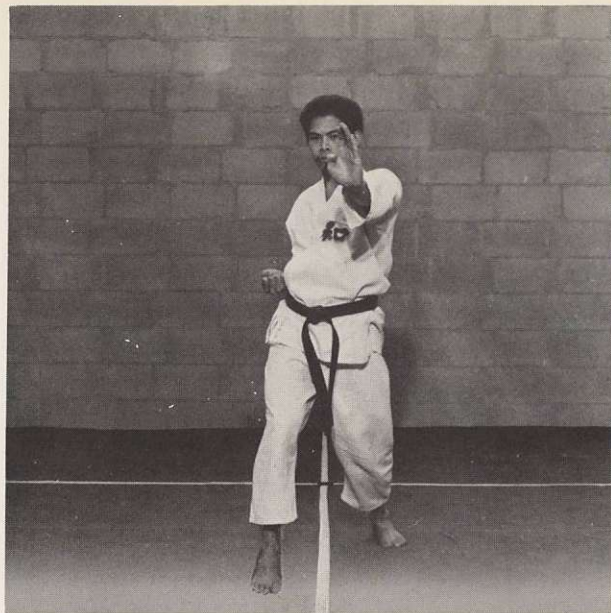


10 gedan jûji uke





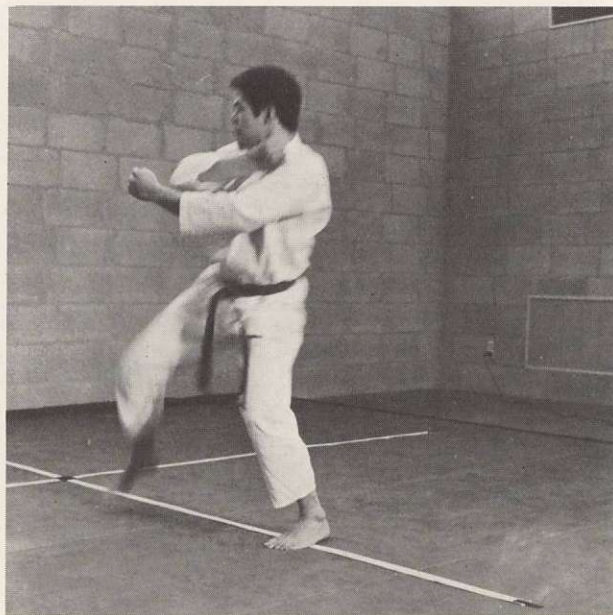
11 jōdan jūji uke



12a osae uke (O)



12b oi zuki (2 sec)



13a fumikomi (O)



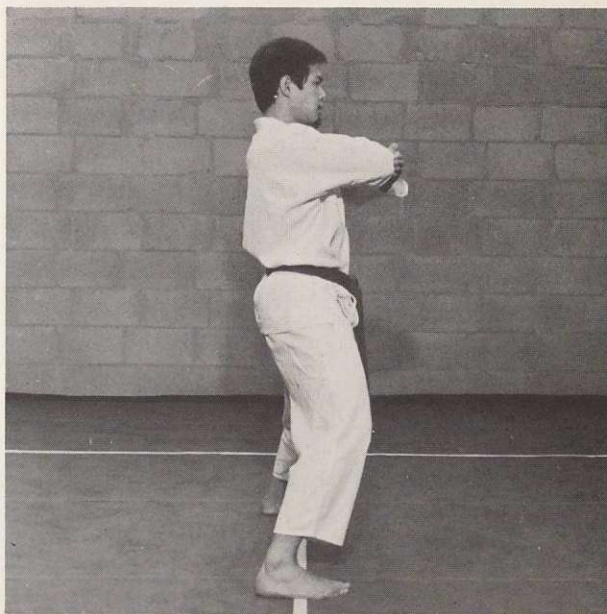
13b gedan barai



14 haishu uke (O)

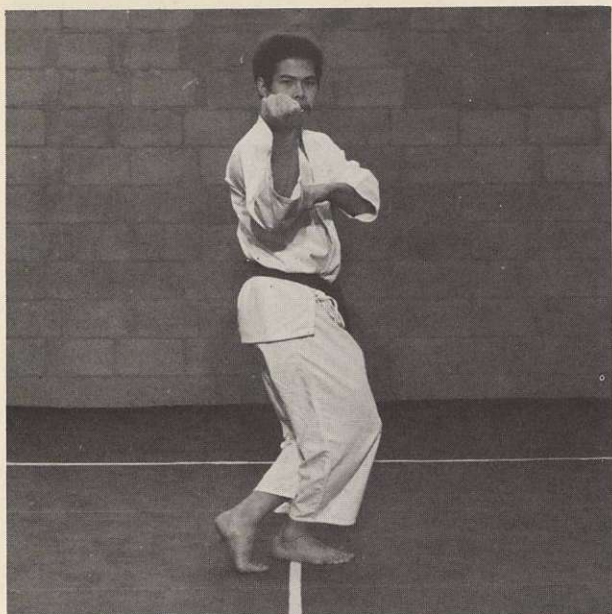


15 mikazuki geri



16 mae enpi uchi

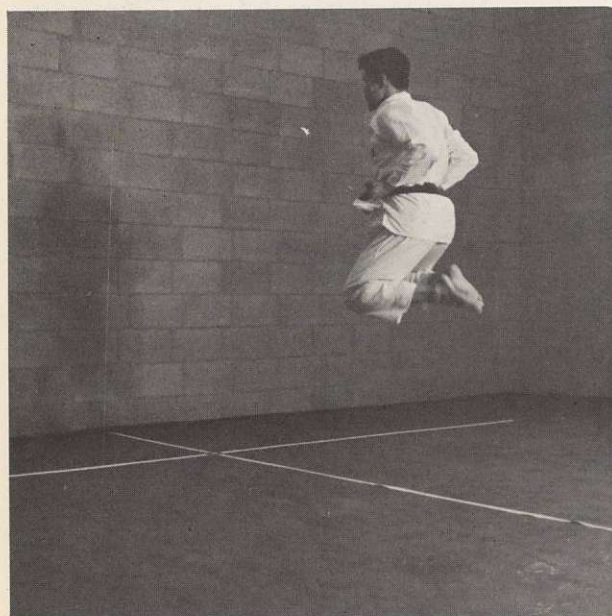




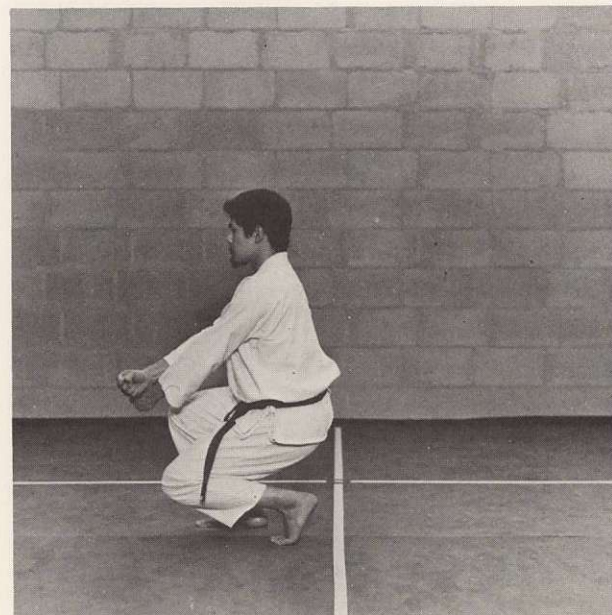
17 morote uke



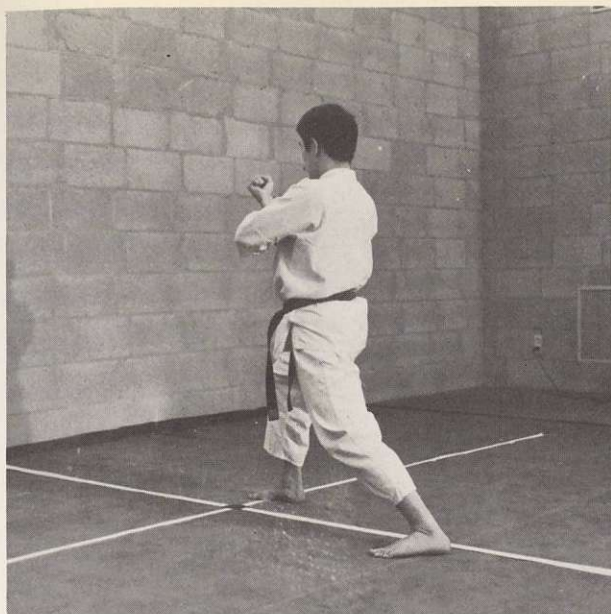
18 ushiro morote age zuki



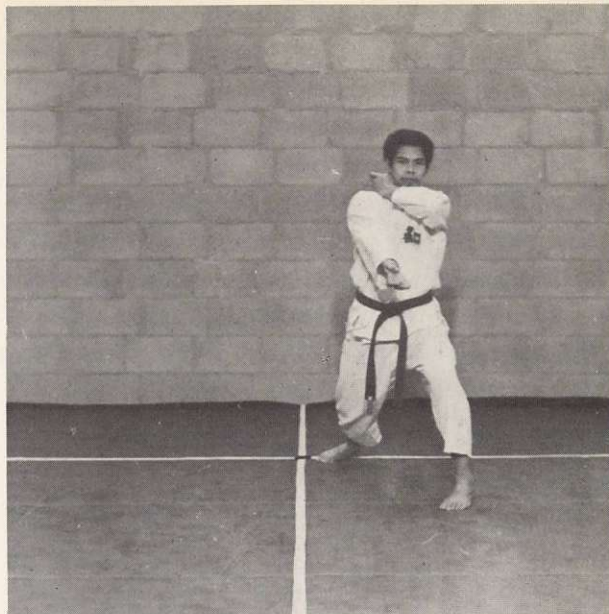
19a tobikomi



19b gedan jûji uke



20 morote uke



21 jôdan nagashi uke+gedan nukite

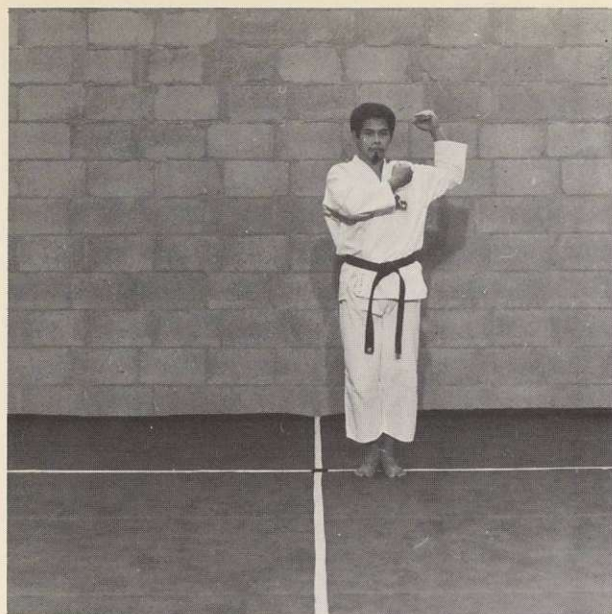


22 haiwan nagashi uke+gedan barai

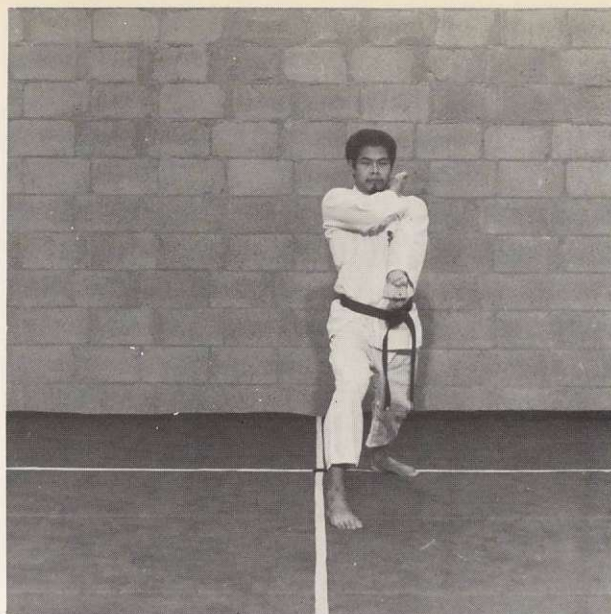


23 kamae (L)

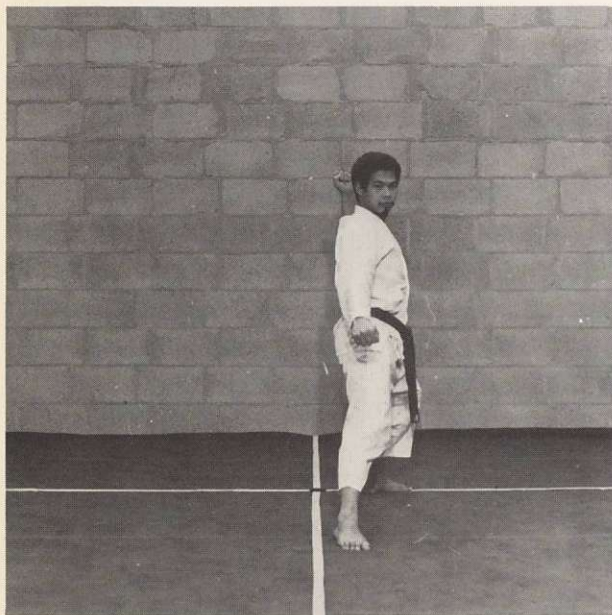




24a (O)



24b jōdan nagashi uke+gedan nukite



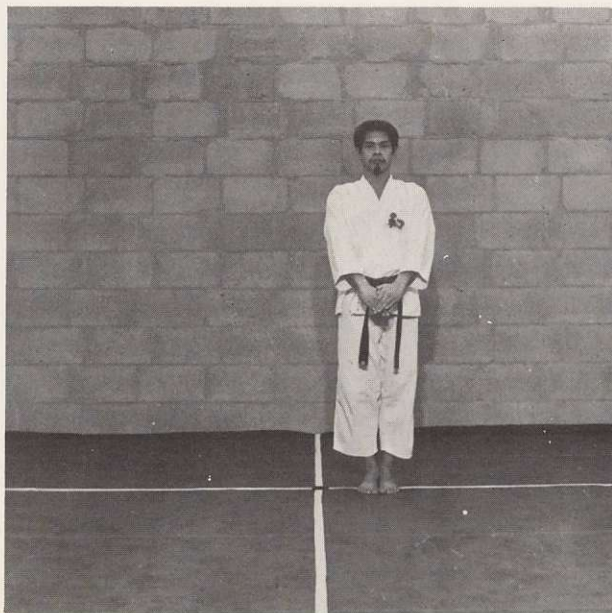
25 haiwan nagashi uke+gedan barai



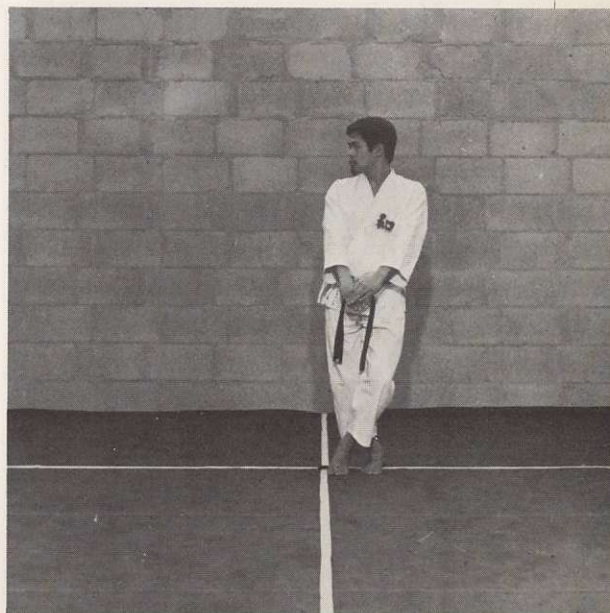
26 yame

## Shôtôkan

### Tekki shôdan

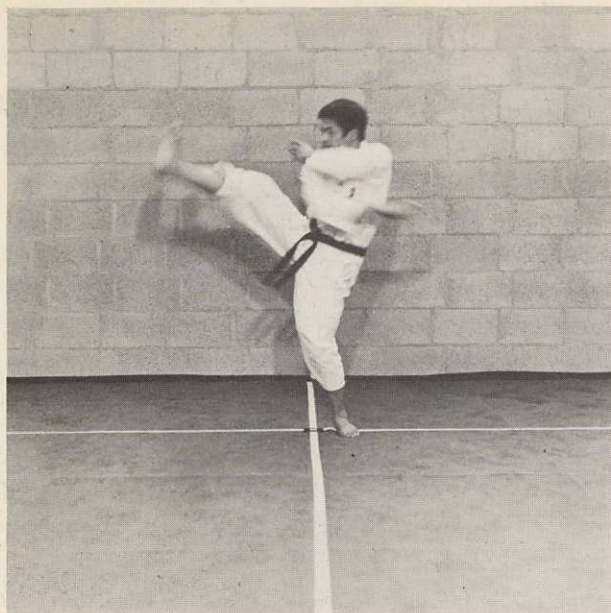


1 yôï (2 sec)

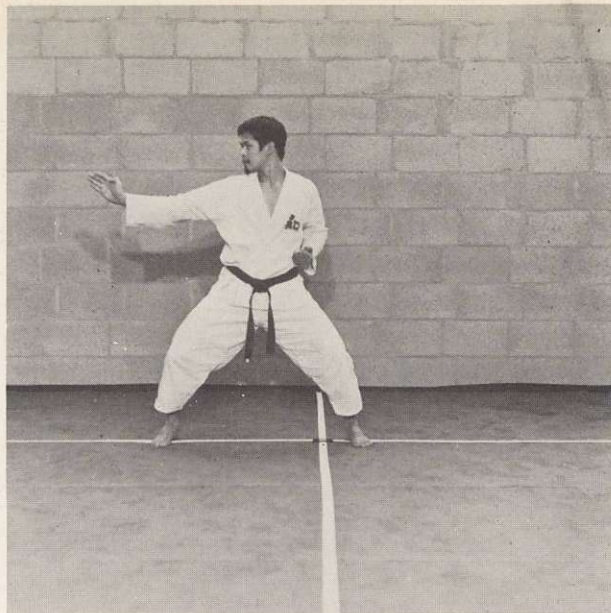


2 fumikomi

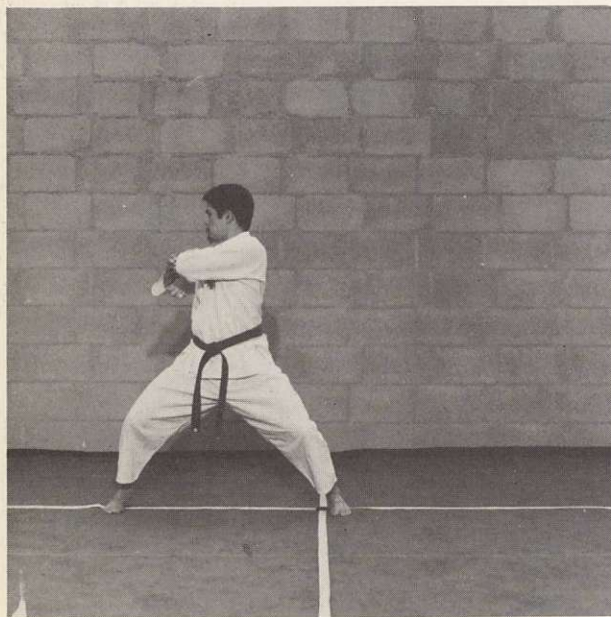




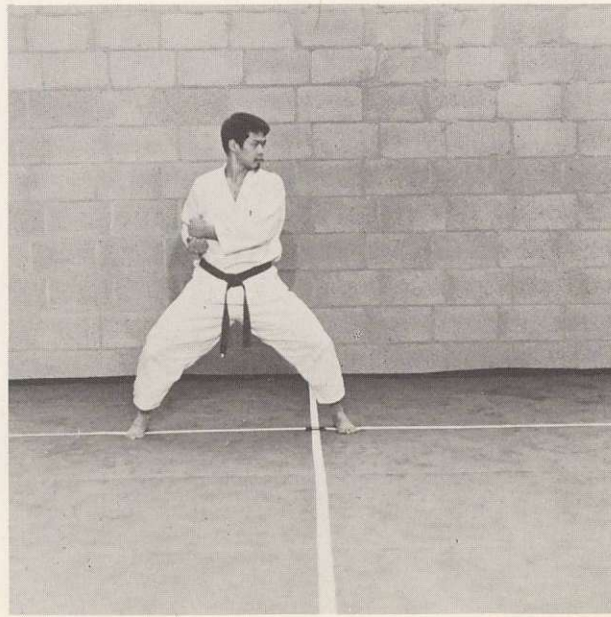
3a fumikomi



3b haishu uke



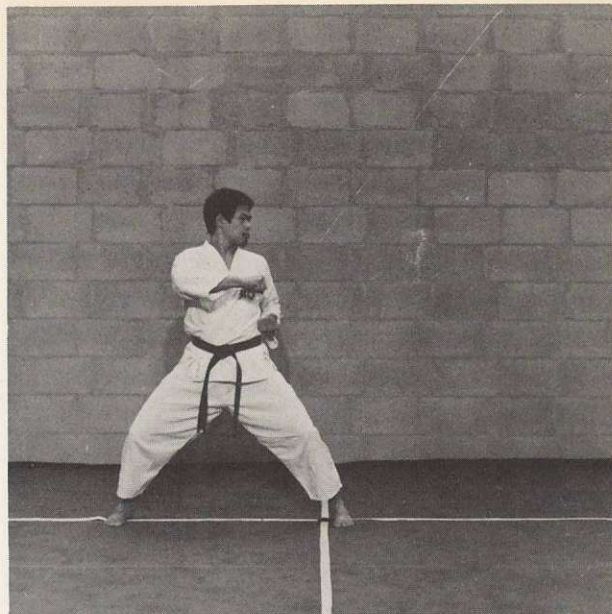
4 enpi uchi



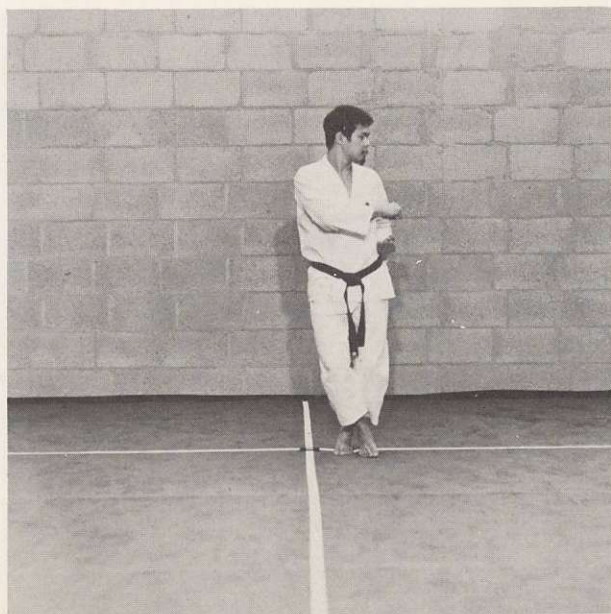
5 kamae (O)



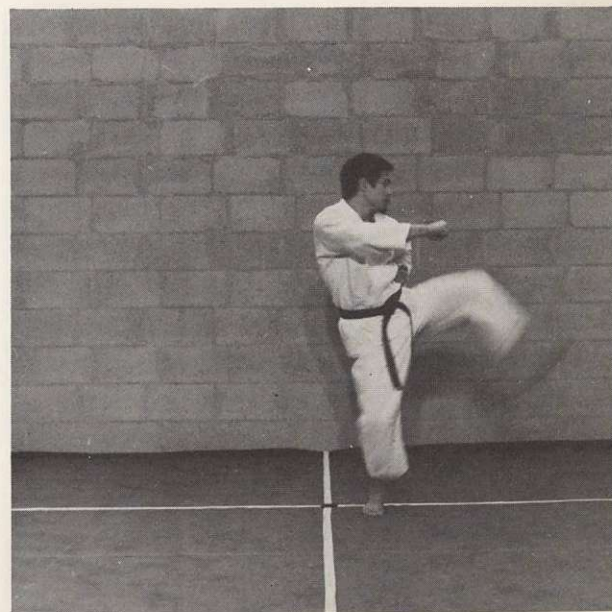
6 gedan barai



7 kagi zuki

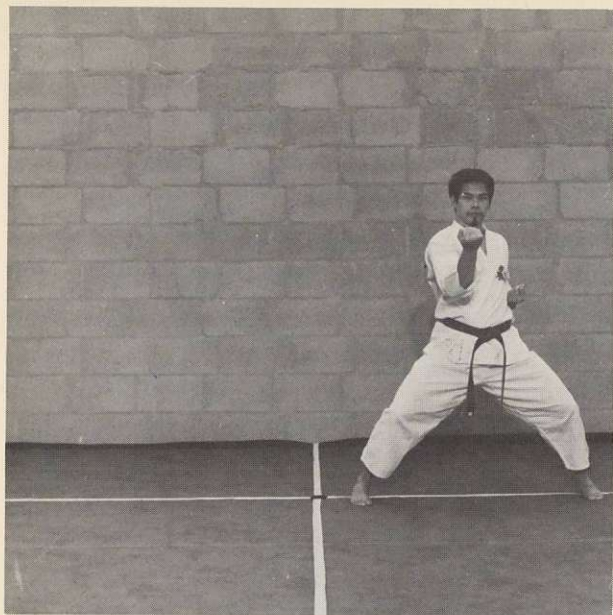


8a (O)

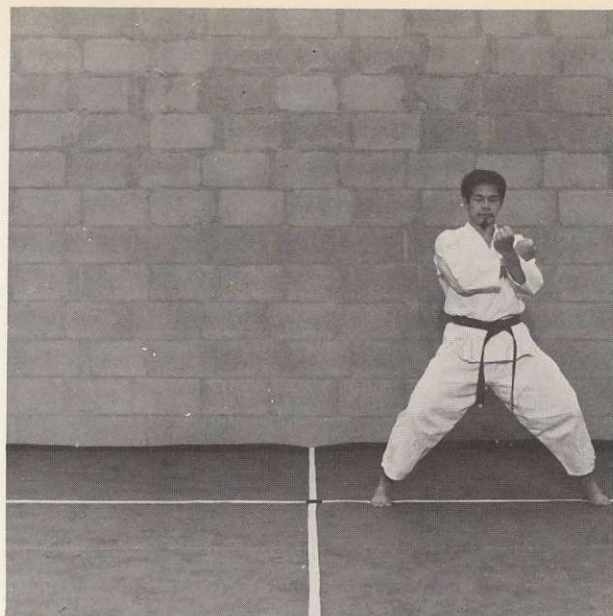


8b fumikomi (O)

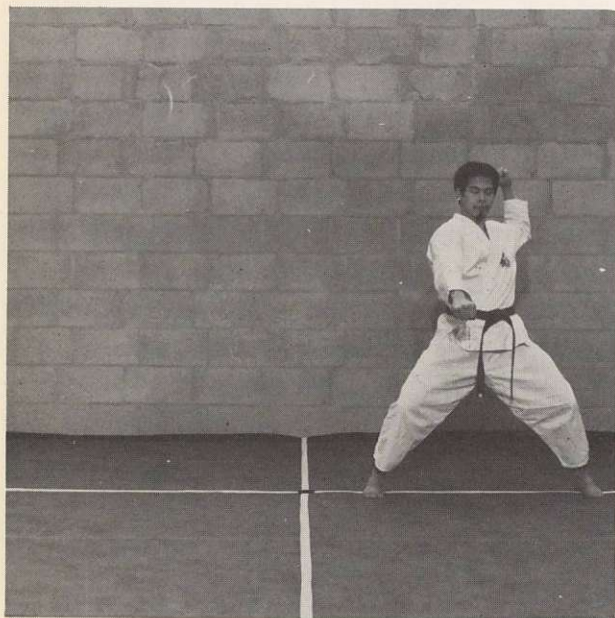




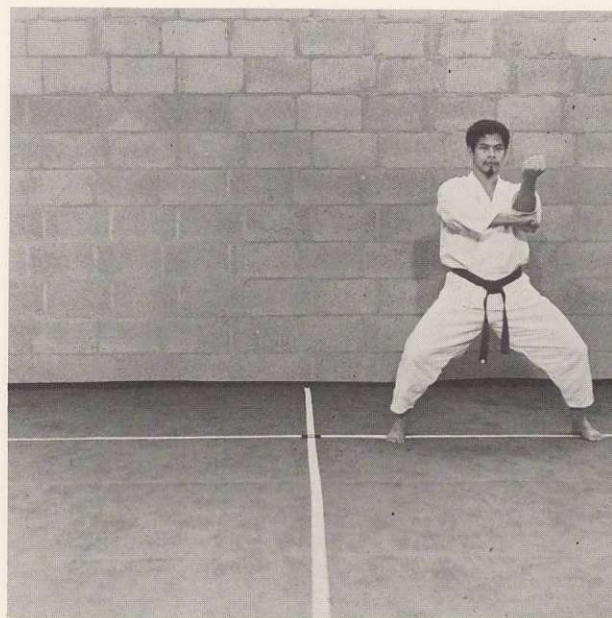
8c uchi uke



9a (O)



9b chûdan uke+jôdan nagashi uke



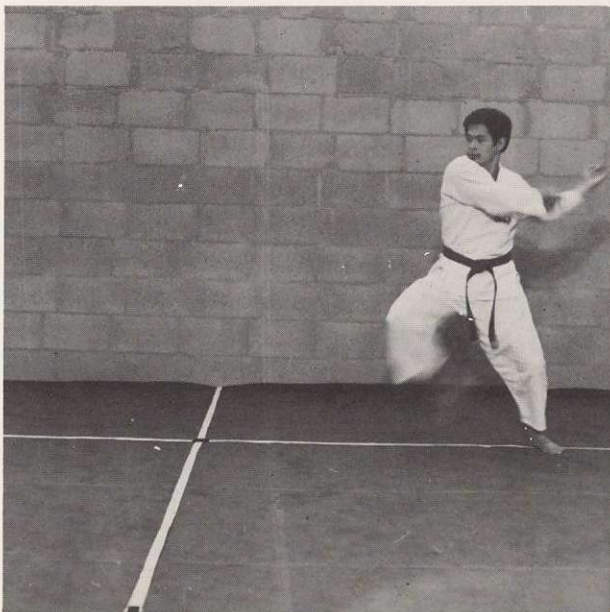
10 uraken (ura zuki)



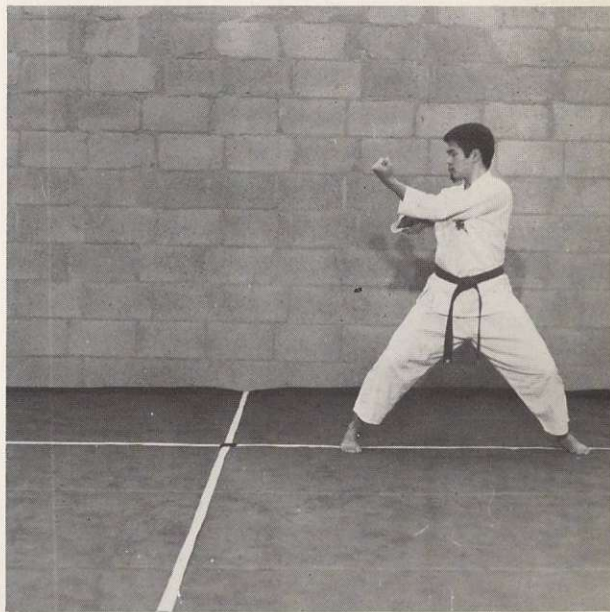
11 nami gaeshi



12 chûdan morote uke

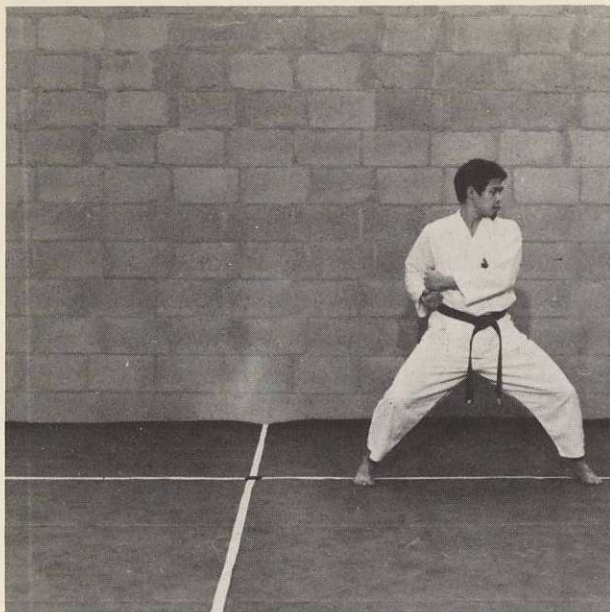


13 nami gaeshi

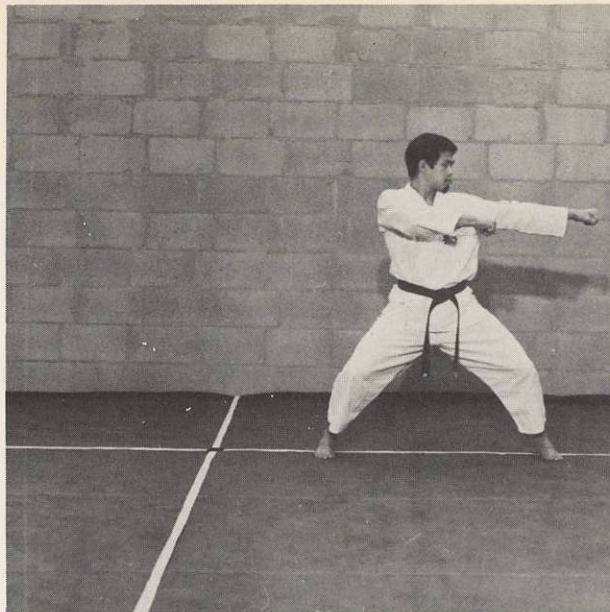


14 chûdan morote uke





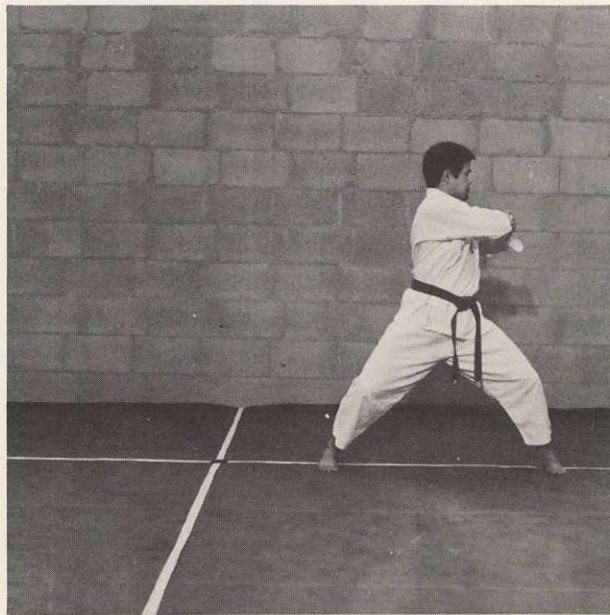
15 kamae (O)



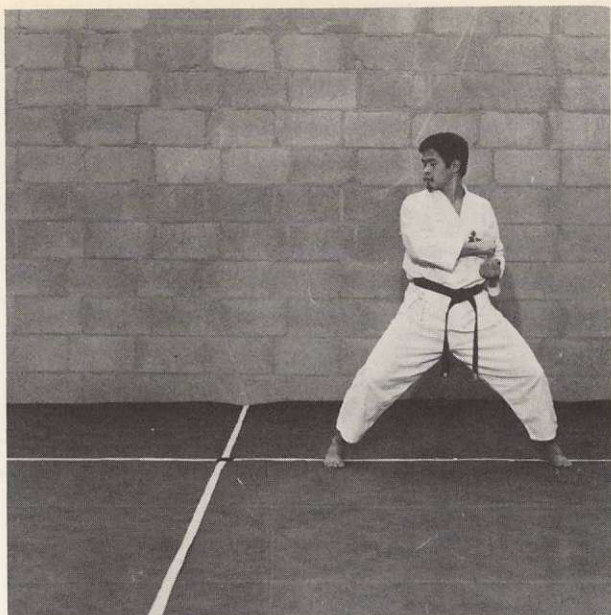
16 morote zuki



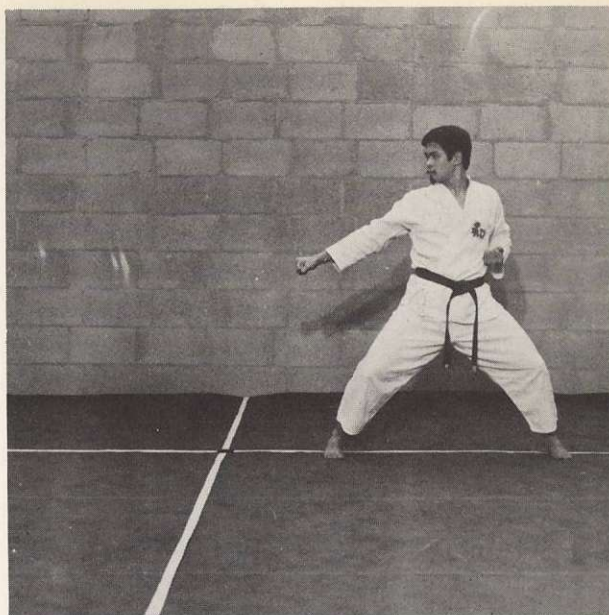
17 haishu uke (L)



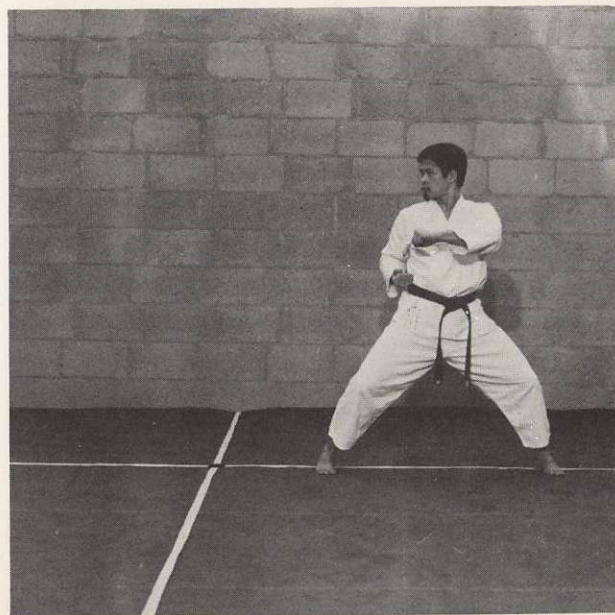
18 enpi uchi



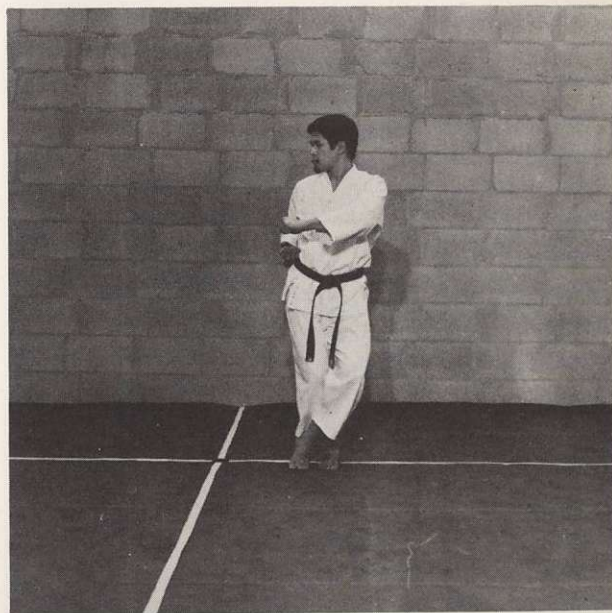
19 kamae(O)



20 gedan barai



21 kagi zuki



22a (O)





22b fumikomi (O)



22c uchi uke



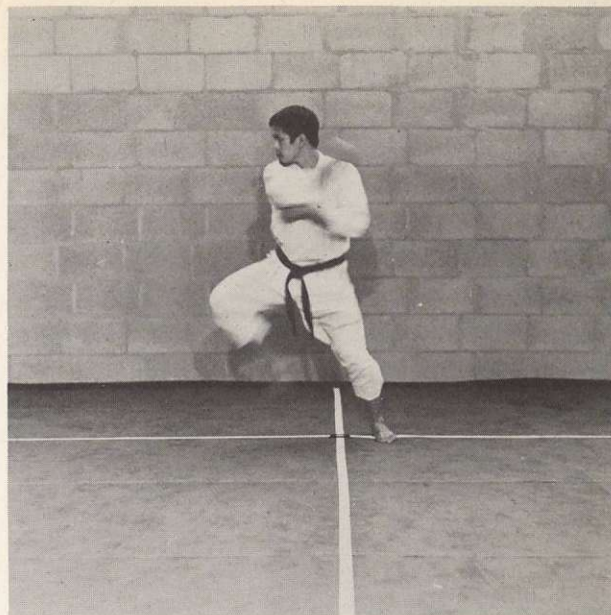
23a (O)



23b chûdan uke+jôdan nagashi uke



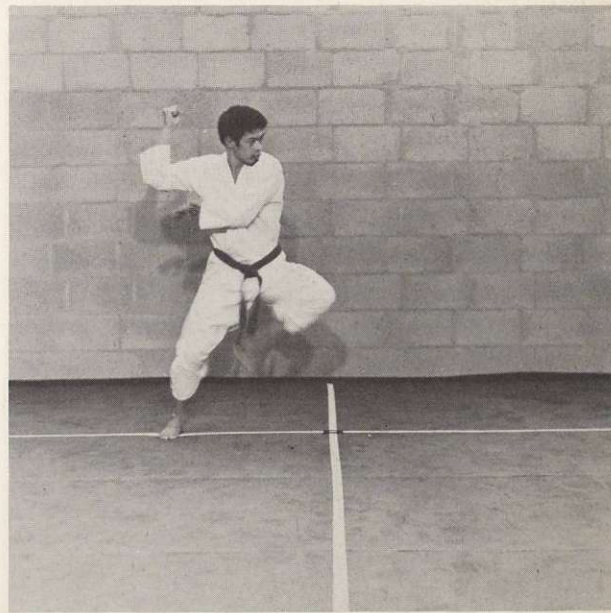
24 uraken (ura zuki)



25 nami gaeshi

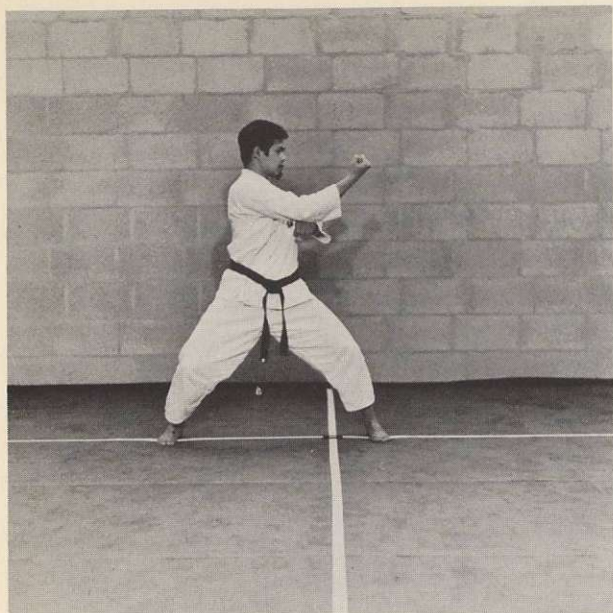


26 morote uke



27 nami gaeshi

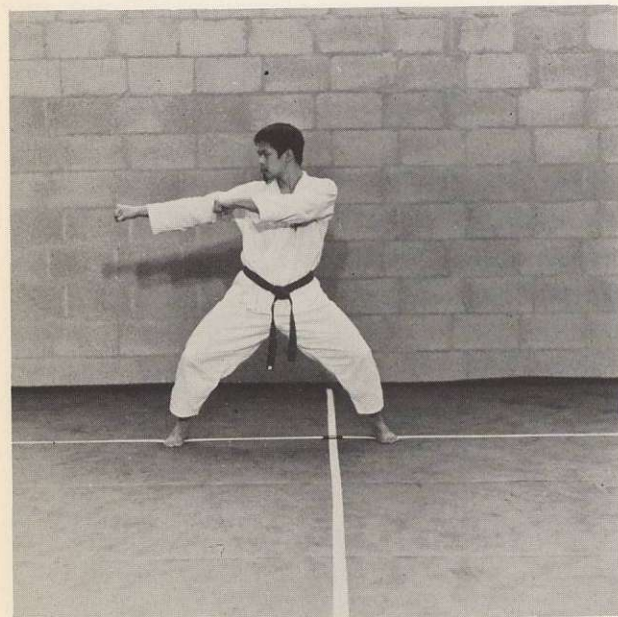




28 morote uke



29 kamae (O)



30 morote zuki

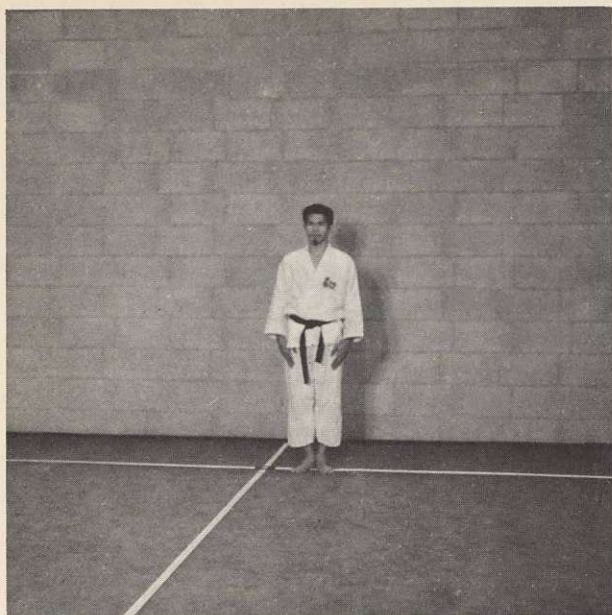


31 yame

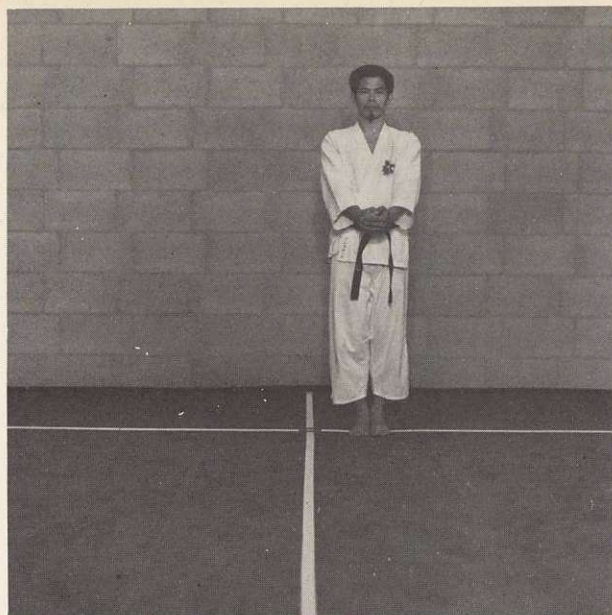
**Shôtôkan**

**Bassai**

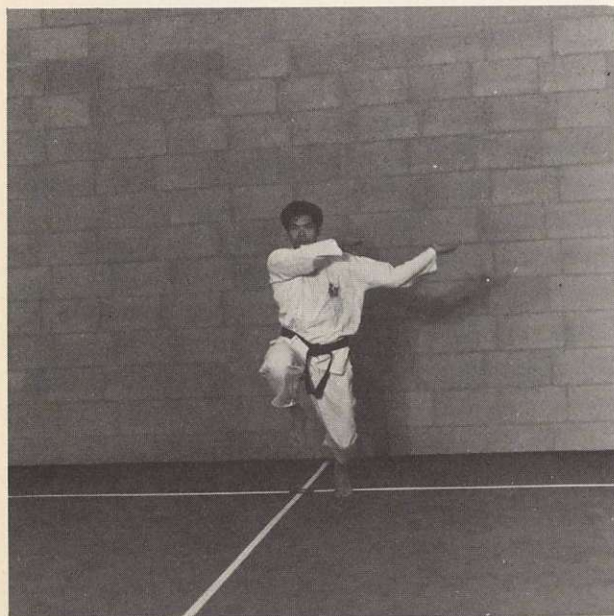




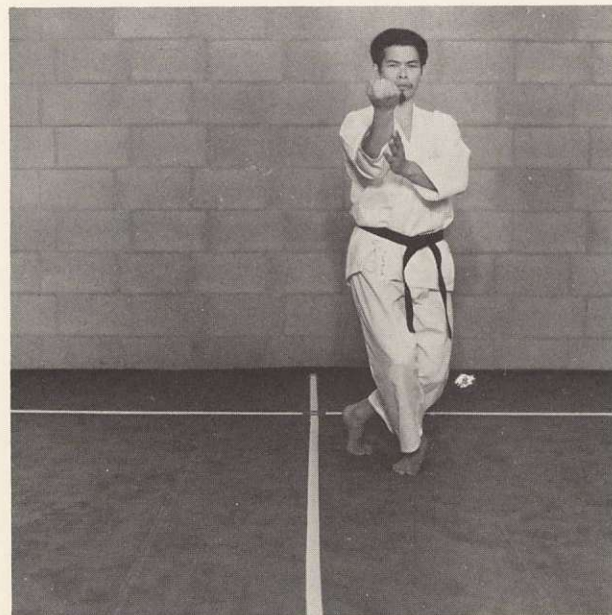
1 musubi dachi



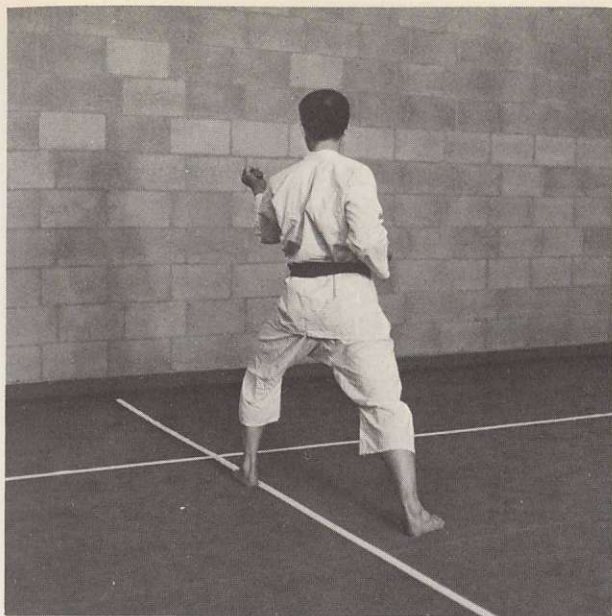
2 yoi



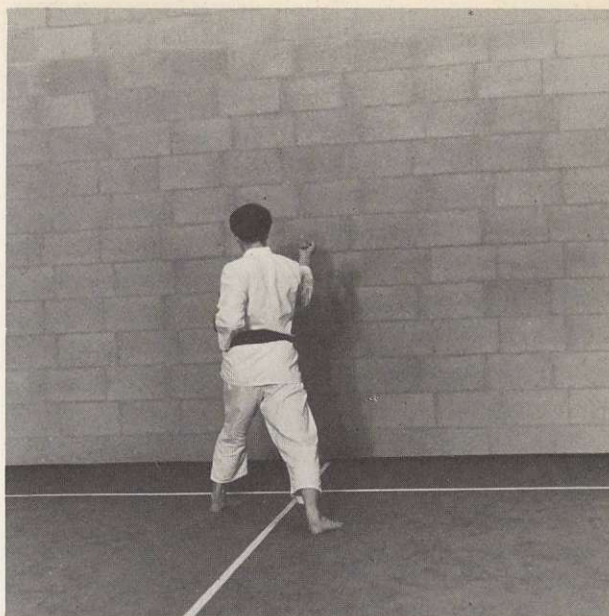
3a fumikomi (O)



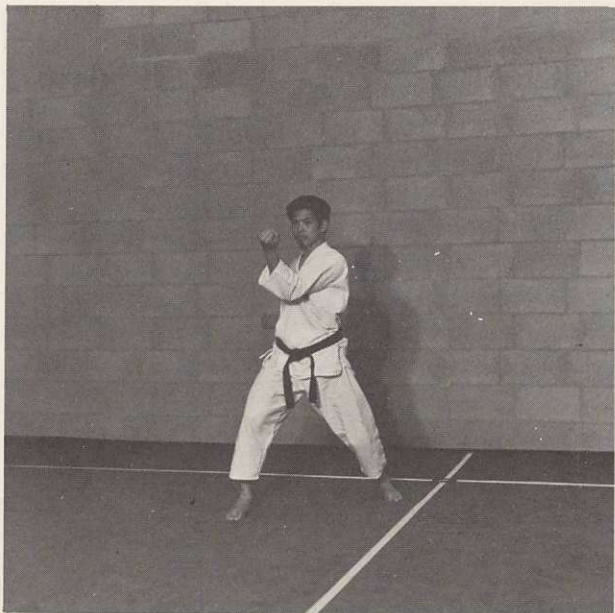
3b sokumen awase uke (2 sec)



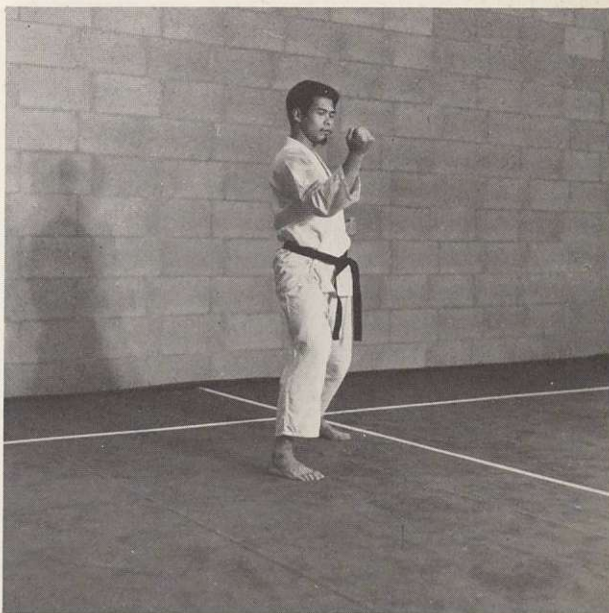
4 uchi uke (1 sec)



5 uchi uke



6 soto uke (1 sec)

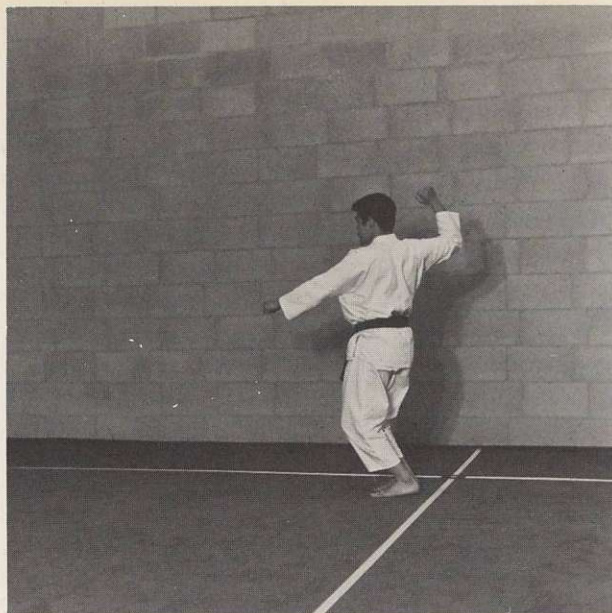


7 uchi uke

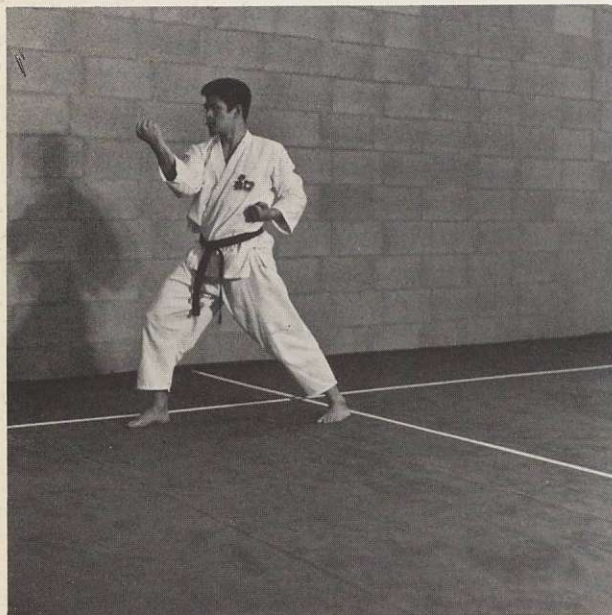




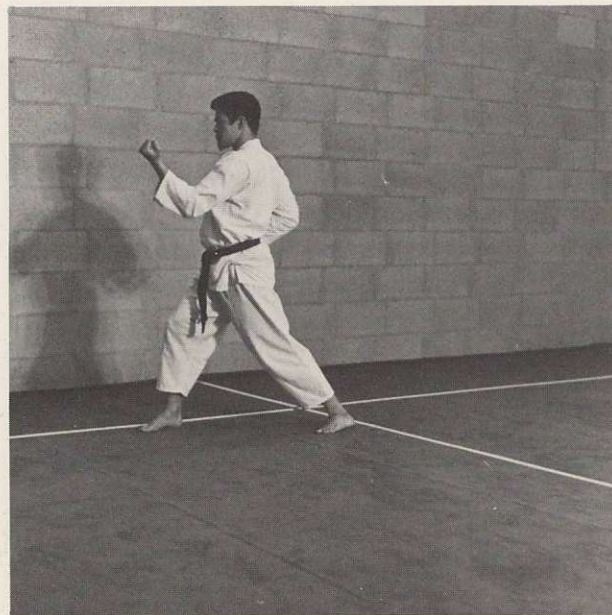
8 sukui uke (O)



9a (O)



9b soto uke



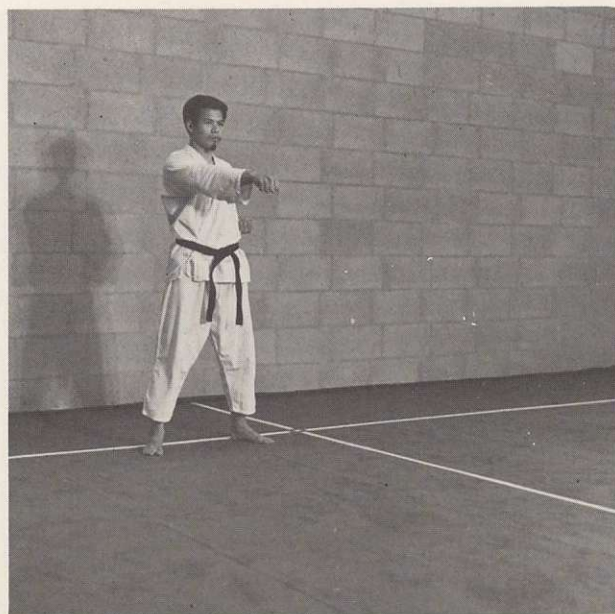
10 uchi uke (1 sec)



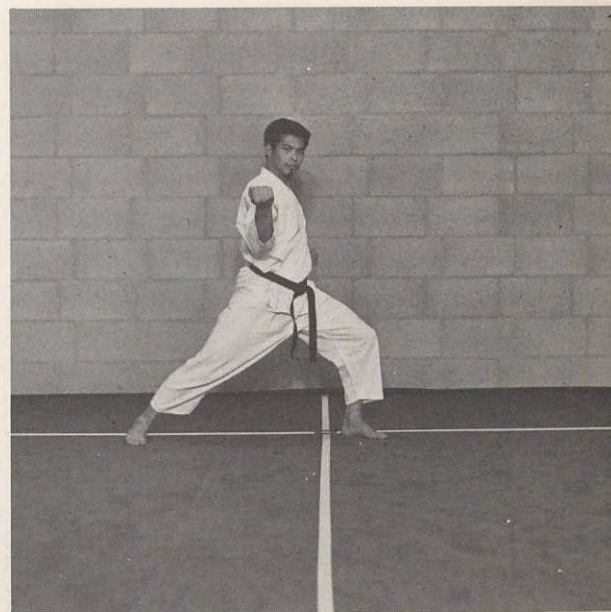
11 kamae (O+1 sec)



12 tate shutō uke (O)



13 choku zuki

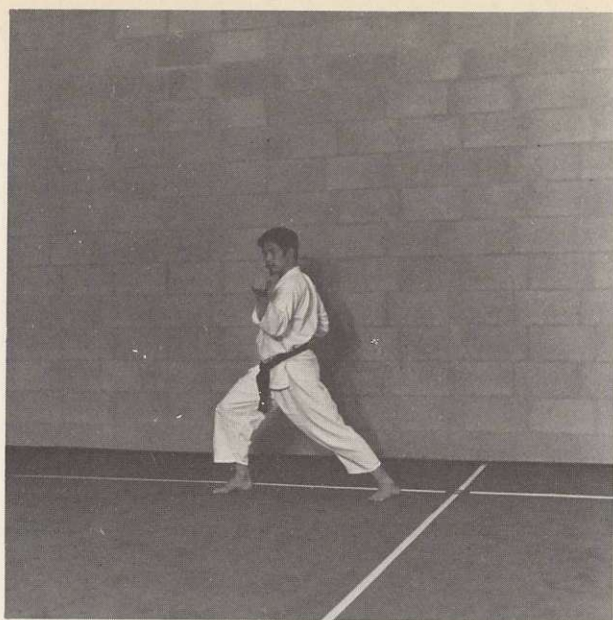


14 uchi uke





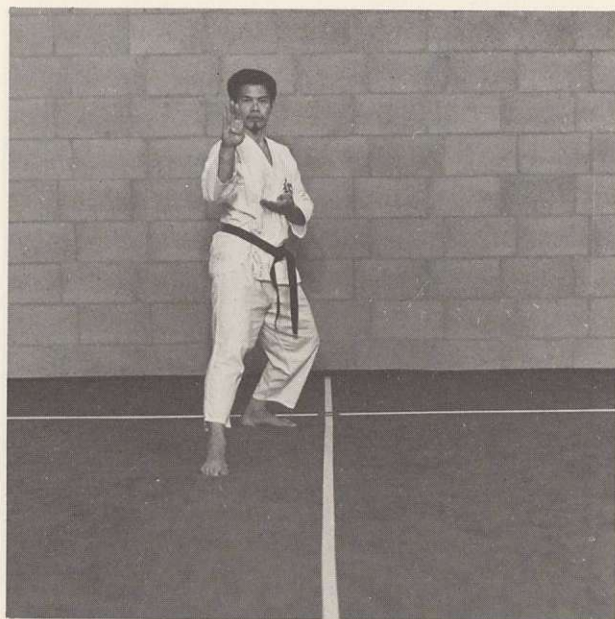
15 choku zuki



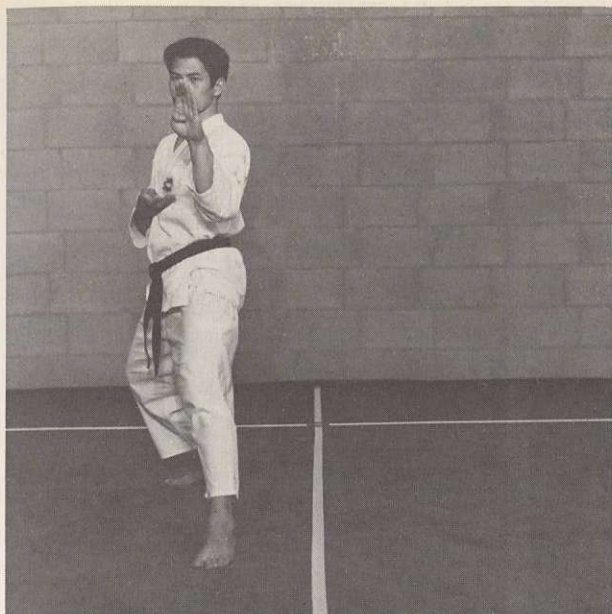
16 uchi uke



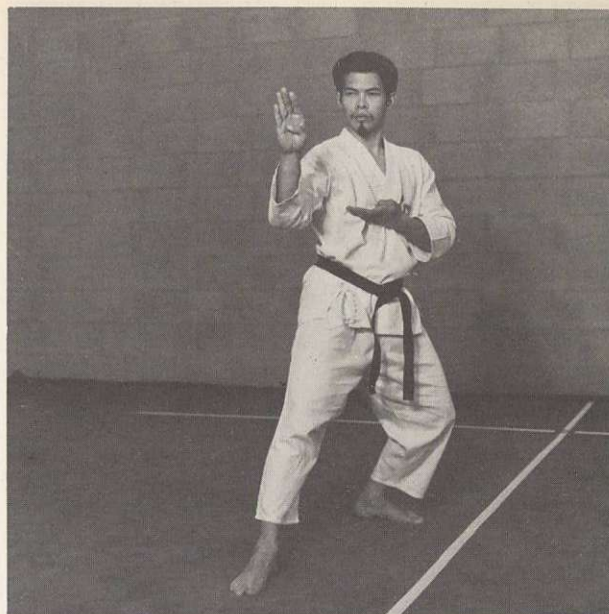
17a (O)



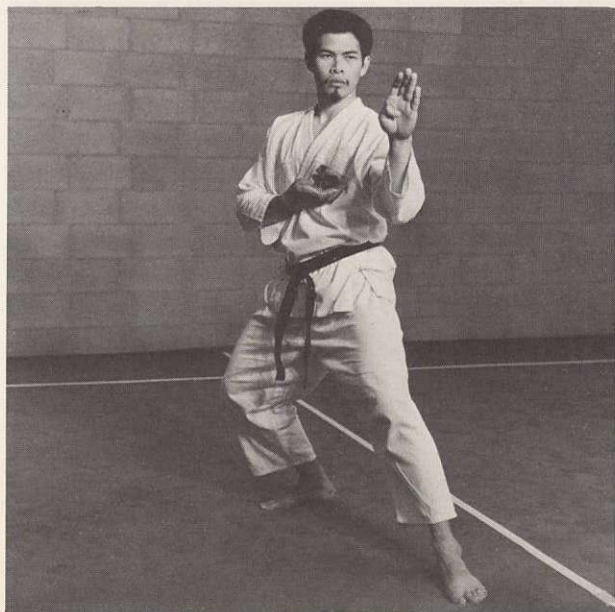
17b shutô uke



18 shutô uke



19 shutô uke

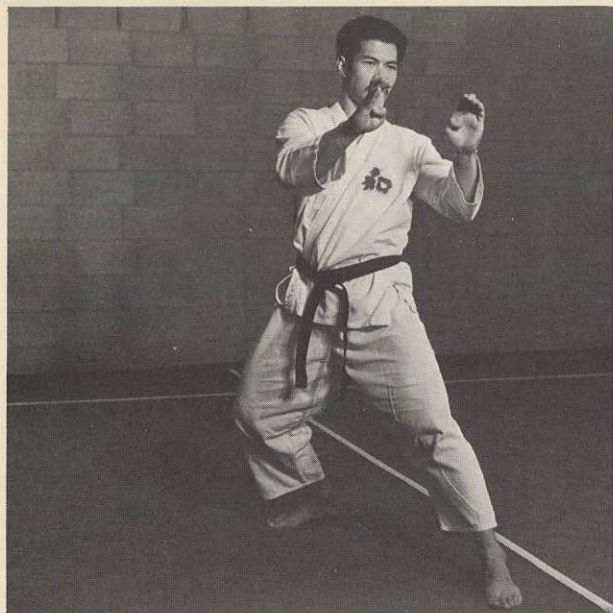


20 shutô uke

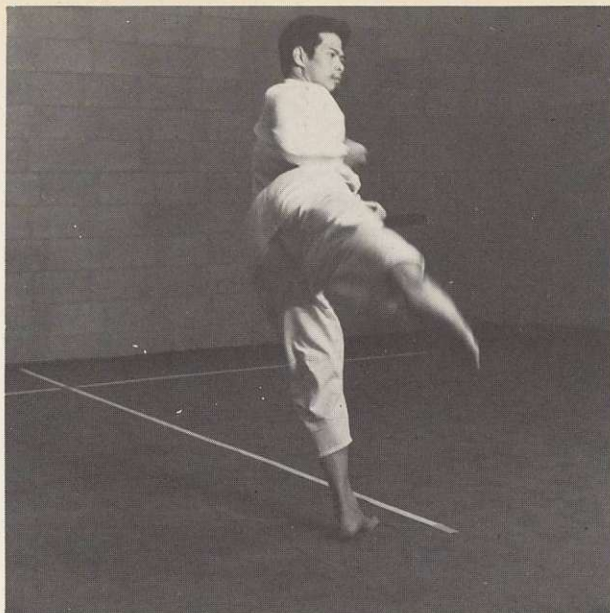


21a (O)

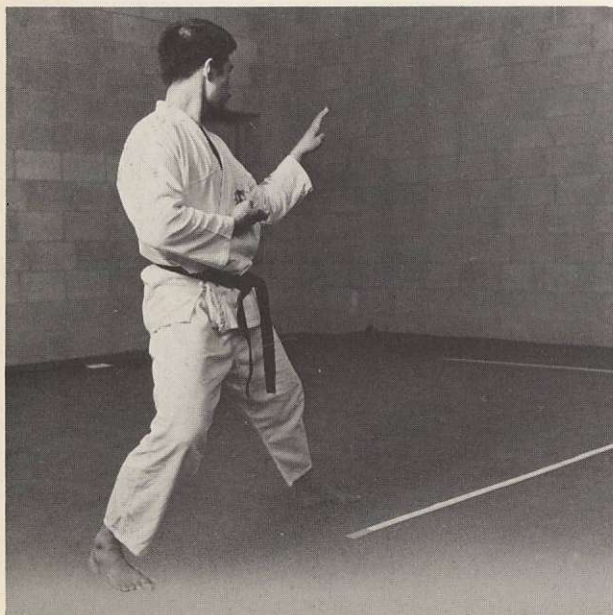




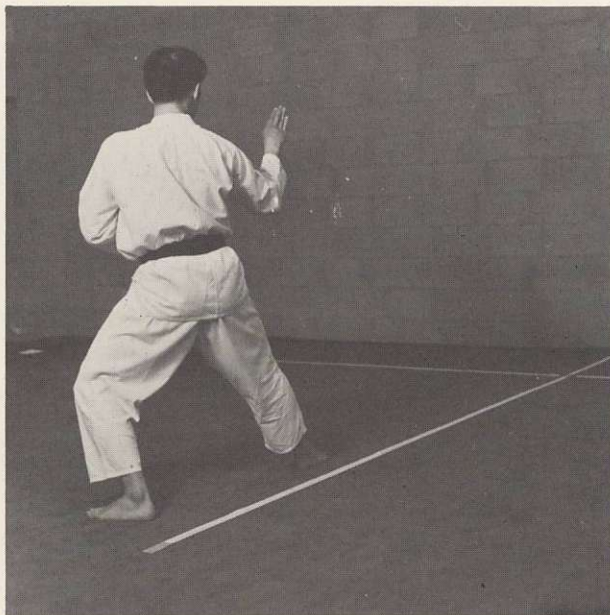
21b tsukami uke



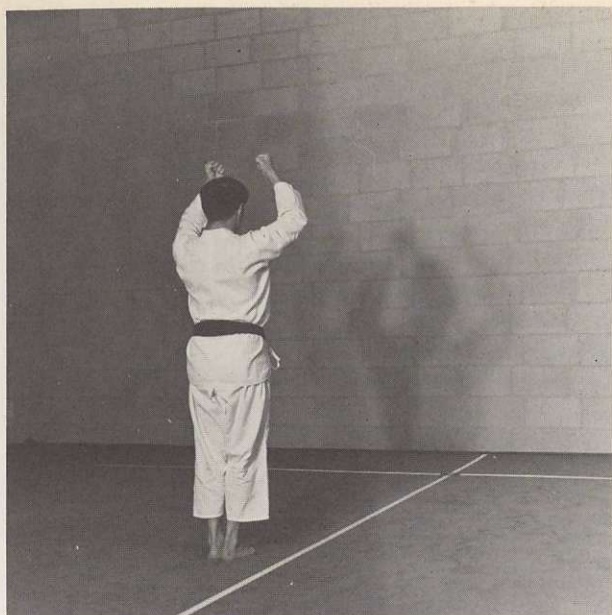
22 yoko geri kekomi



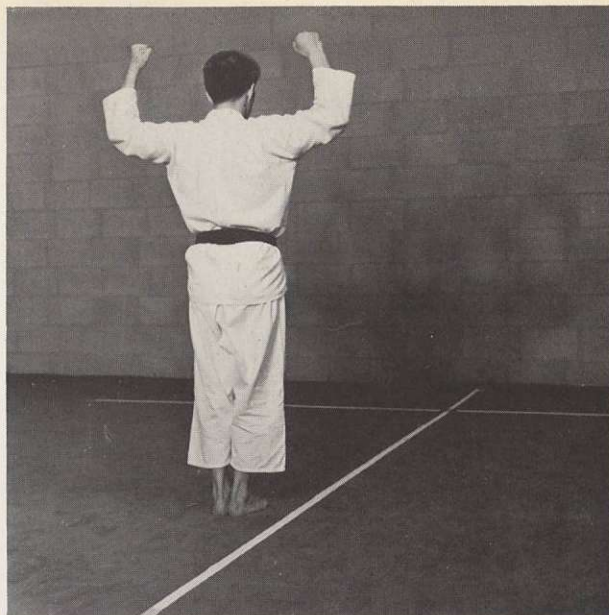
23 shutô uke



24 shutô uke



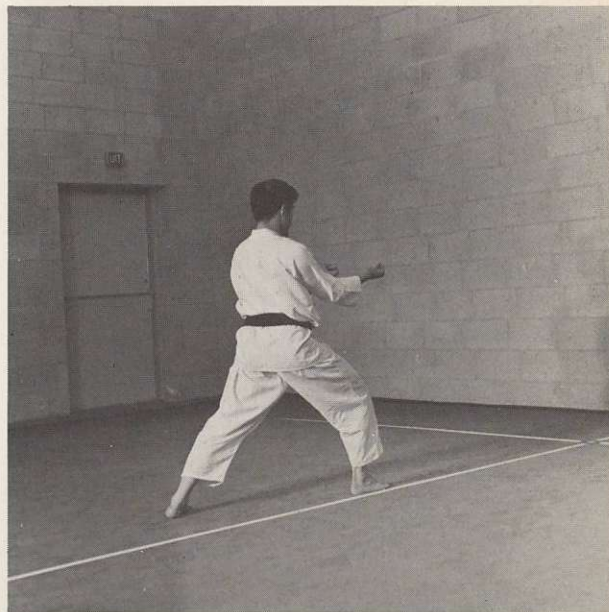
25a (L)



25b kakiwake uke

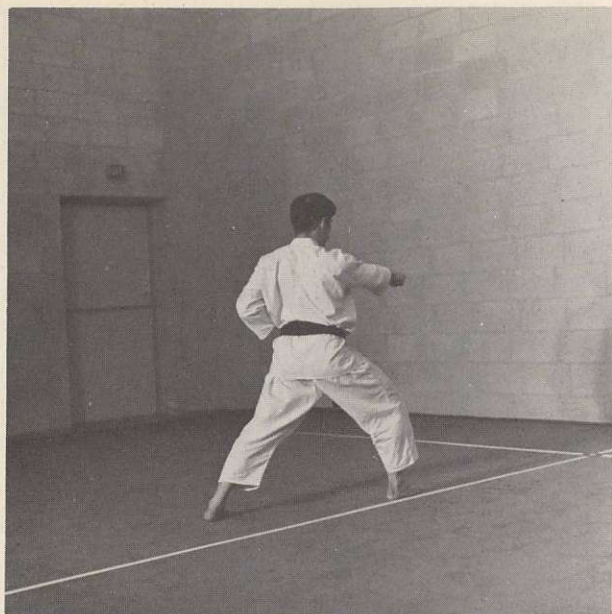


26a fumikomi (O)

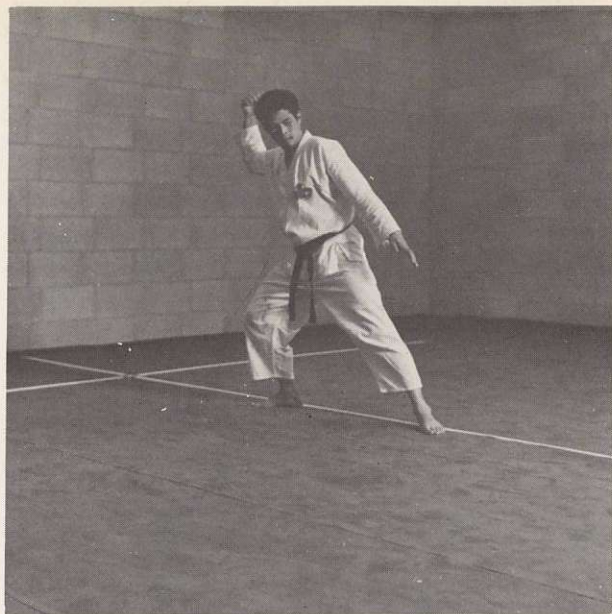


26b hasami uchi

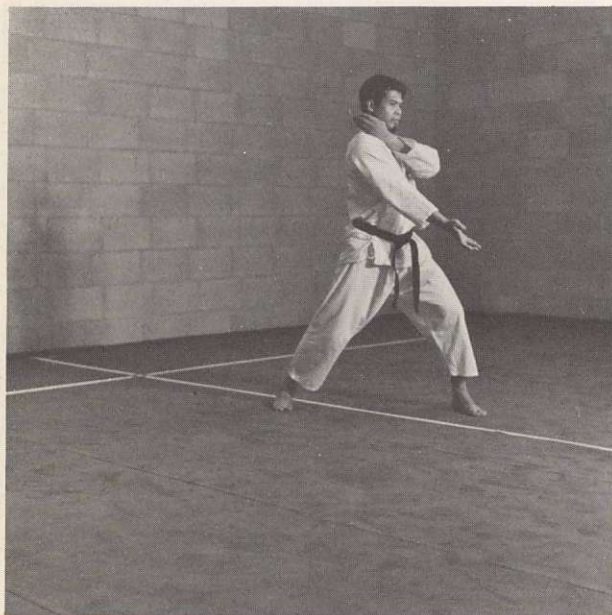




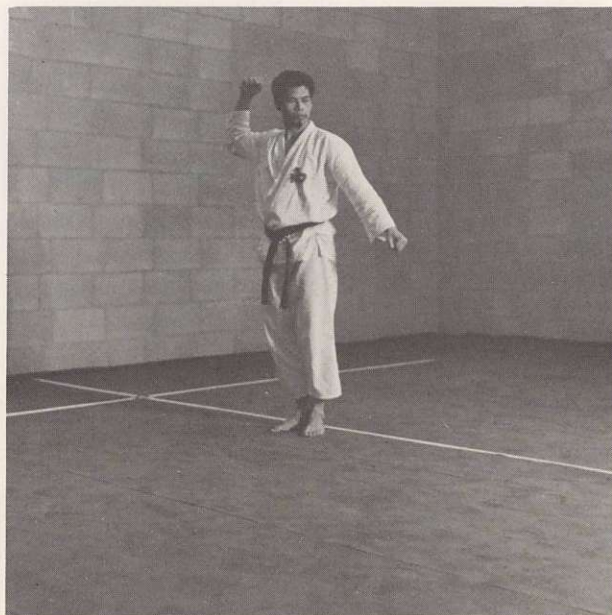
27 choku zuki



28 gedan shutô uke



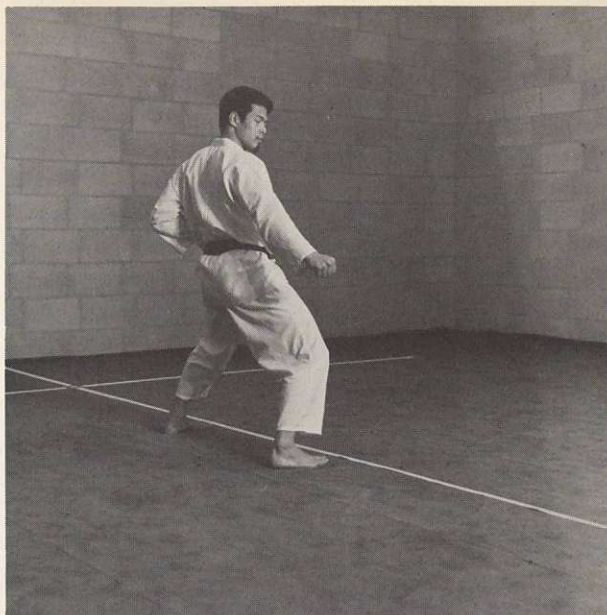
29 jôdan nagashi uke+gedan nukite



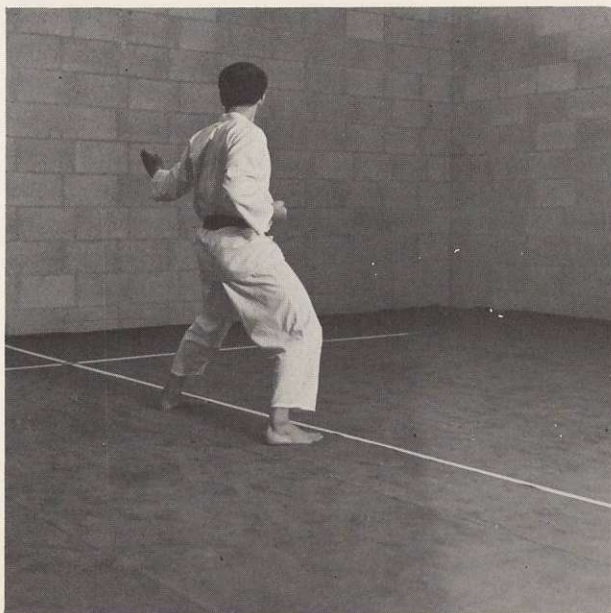
30 kamae (L+O)



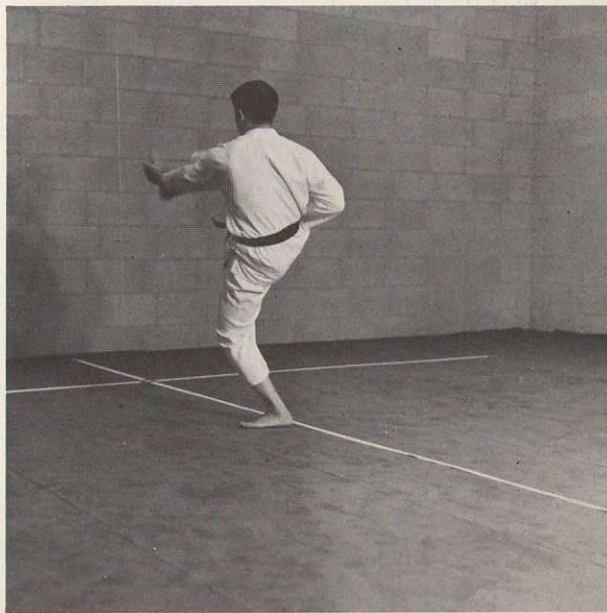
31a fumikomi (O)



31b gedan barai (1 sec)

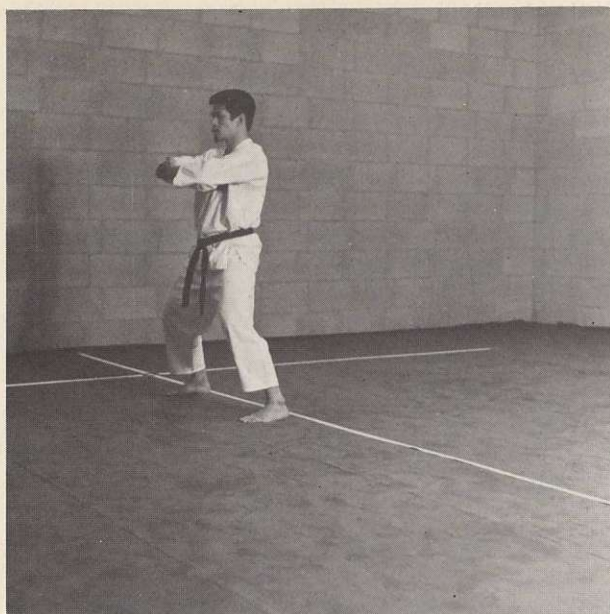


32 haishu uke (L)

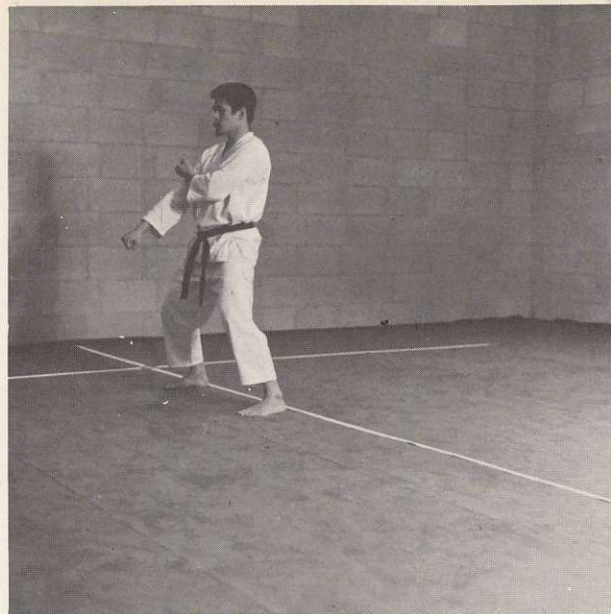


33 mikazuki geri

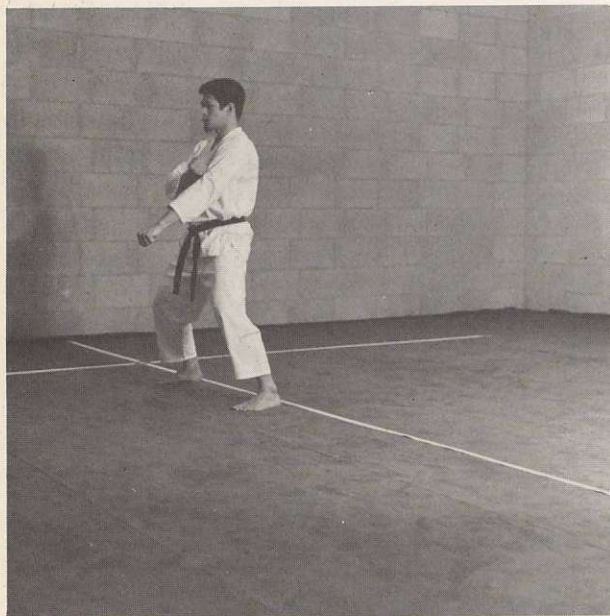




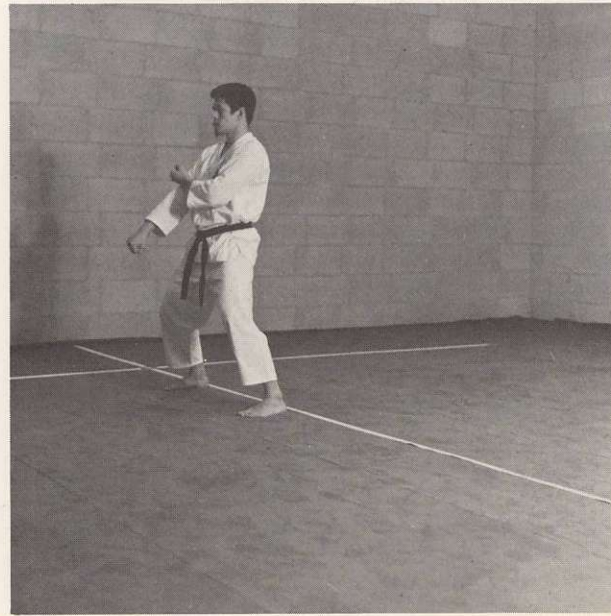
34 enpi



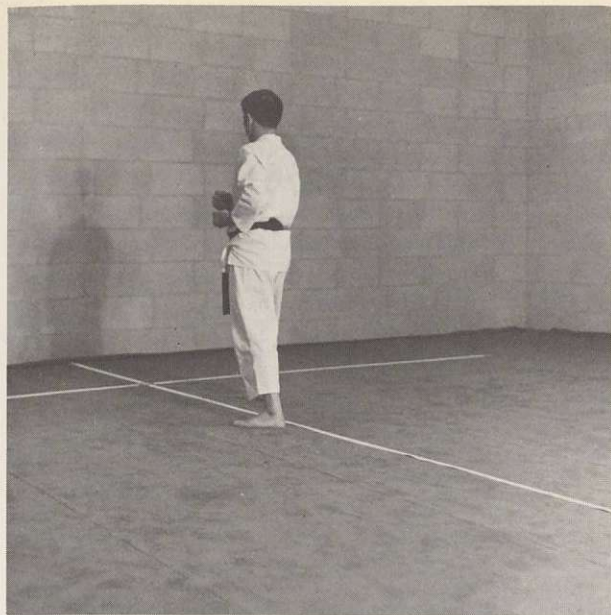
35 gedan barai



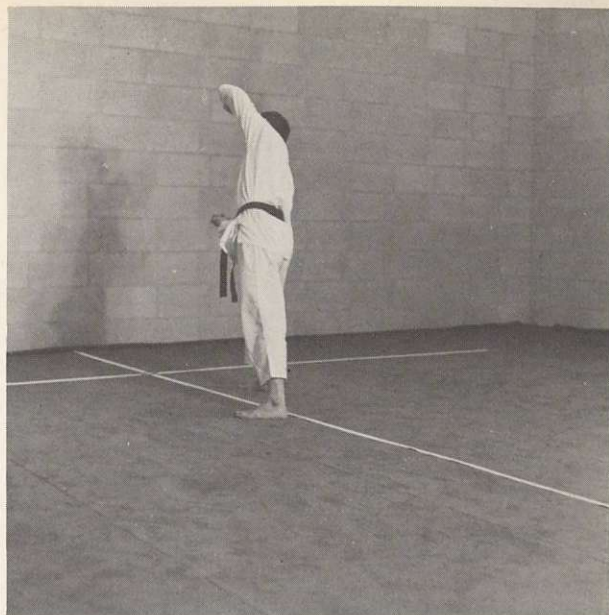
36 gedan barai



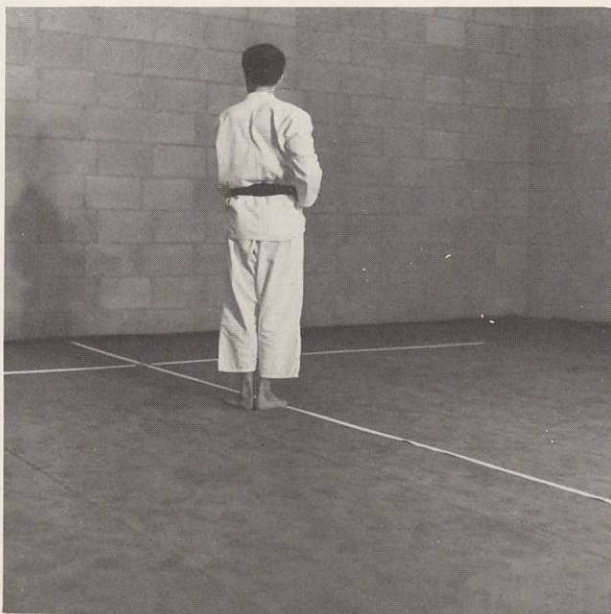
37 gedan barai



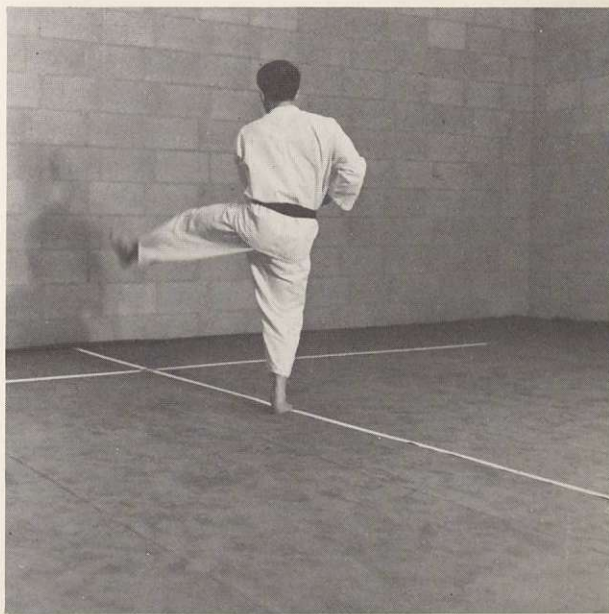
38 kamae (O) (zenkutsu dachi)



39 yama zuki

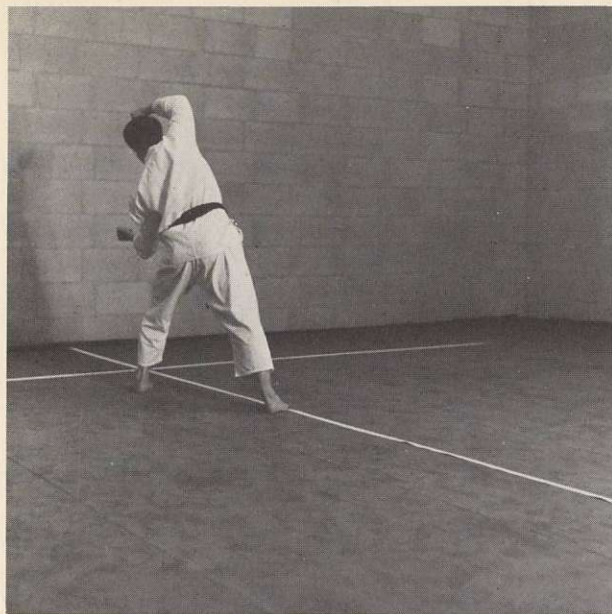


40 kamae (O)

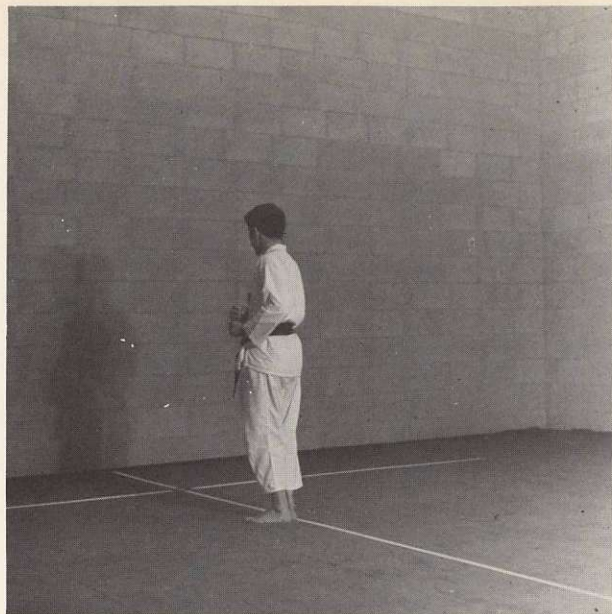


41a fumikomi (ashi gake)

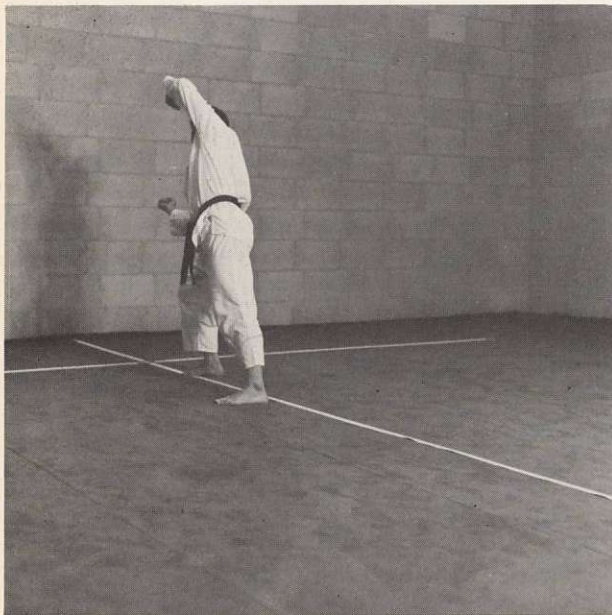




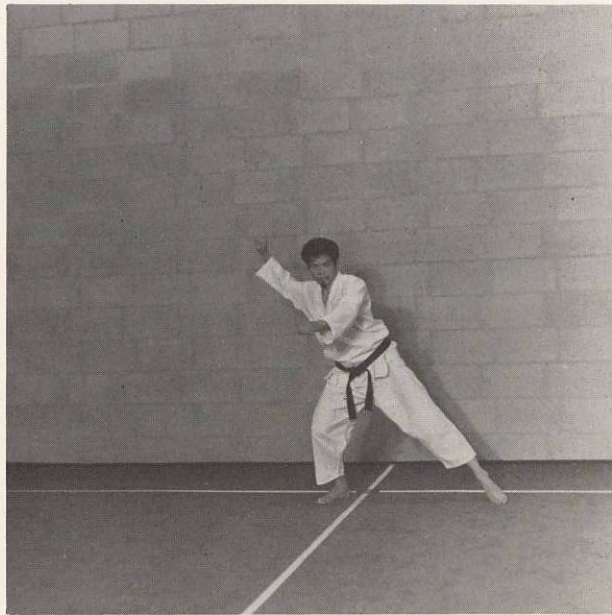
41b yama zuki



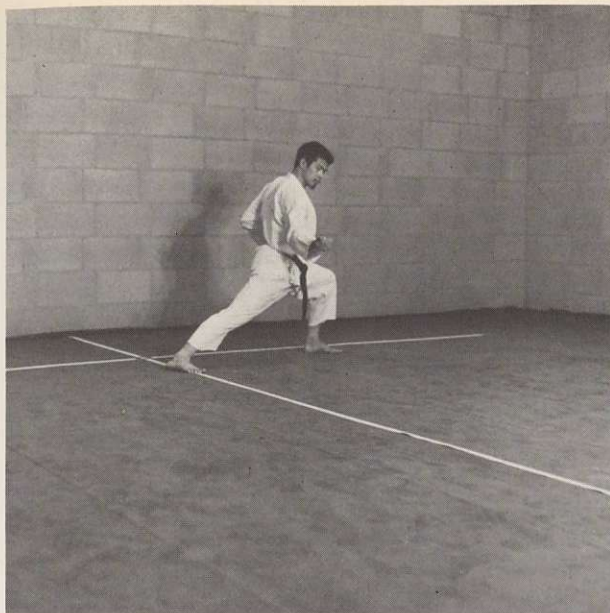
42 kamae (O)



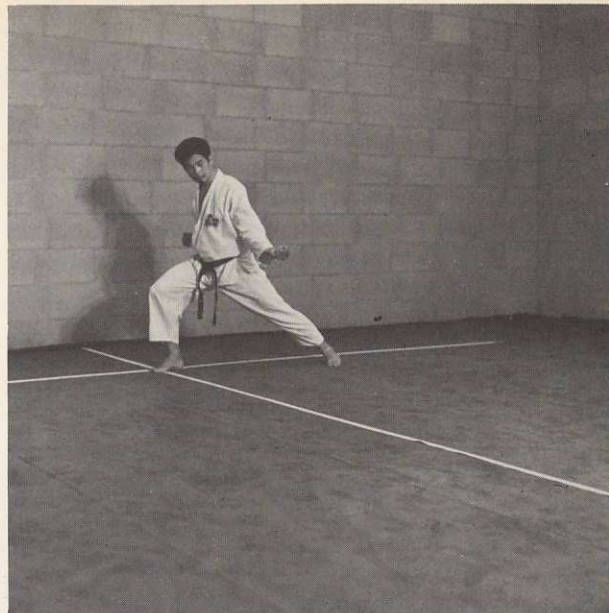
43 (fumikomi+) yama zuki



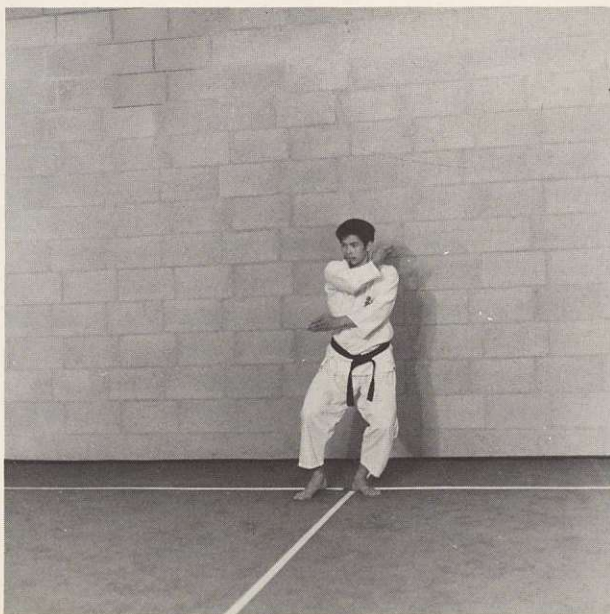
44a (O)



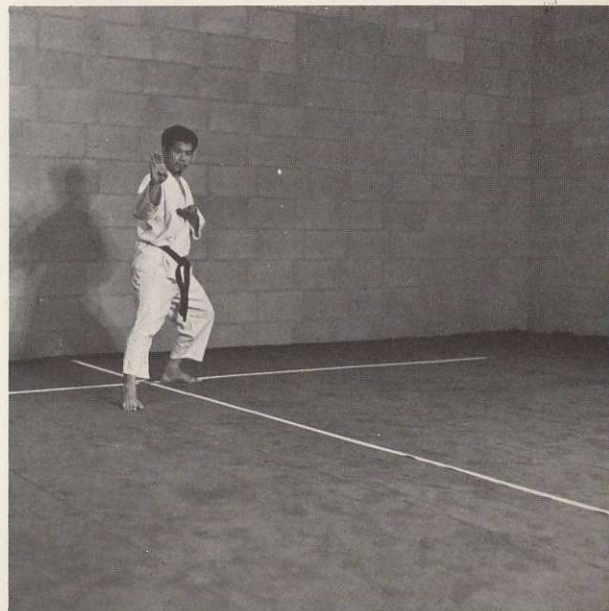
44b gedan kake uke



45 gedan kake uke



46a (O)

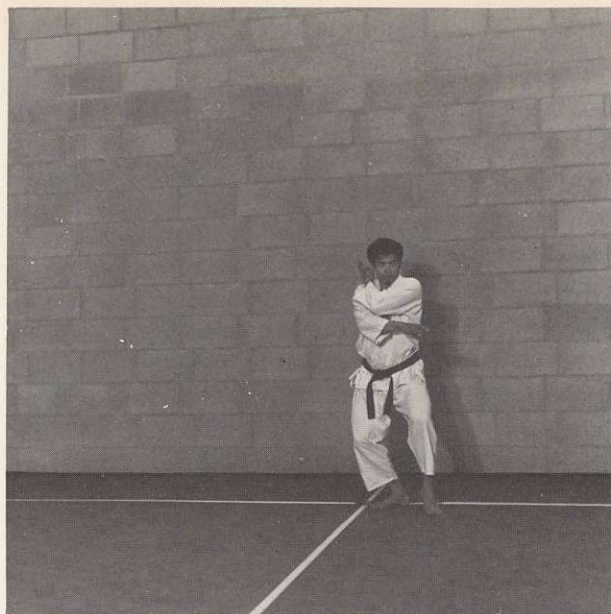


46b shutô uke (2 sec)





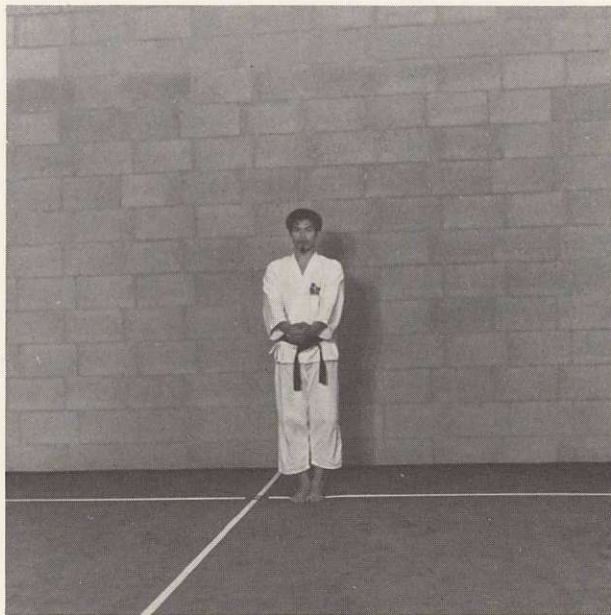
47 shutô uke



48a (O)



48b shutô uke



49 yame





# WADÔKAI



De Wadô-school werd in 1935 opgericht door Hironori Ôtsuka (oud-leerling van Funakoshi).

Bij deze stijl ligt het accent meer op snelheid, wendbaarheid en het ontwijken van de aanval. Wadô betekent: „weg van de vrede”.

In Nederland werd deze stijl het eerst onderwezen door T. Kôno, 6e Dan Karate. Later werd deze Japanse instructeur hierbij geassisteerd door de Japanse instructeurs H. Fujii, 5e Dan; Ishikawa, 3e Dan en Muromatsu, 3e Dan;

The Wadô-School was founded by Hironori Ôtsuka (former pupil of Funakoshi) in 1935.

With this style the emphasis is more on speed, agility and evasion of an attack.

Wadô means: 'road to peace'.

In Holland T. Kôno, 6th Dan Karate, was the first to introduce this style. Later on he was assisted by three other Japanese instructors: H. Fujii, 5th Dan; Ishikawa, 3rd Dan and Muromatsu, 3rd Dan.

L'école Wadô a été créée en 1935 par Hironori Ôtsuka (ancien élève de Funakoshi). Ce style met d'avantage l'accent sur le réflexe, la souplesse et l'agilité pour esquiver les attaques.

Wadô signifie: „chemin de la paix”.

Aux Pays-Bas, ce style fut enseigné tout d'abord par T. Kôno, 6ème Dan Karaté. Ensuite cet instructeur japonais fut assisté par les instructeurs H. Fujii, 5ème Dan; Ishikawa, 3ème Dan et Muromatsu, 3ème Dan.

Die Wadô-Schule wurde 1935 von Hironori Ôtsuka, einem ehemaligen Schüler von Funakoshi, gegründet. Bei diesem Stil liegt der Nachdruck mehr auf Schnelligkeit, Wendigkeit und dem Ausweichen des Angriffs.

Wadô bedeutet 'Weg des Friedens'.

In den Niederlanden wurde dieser Stil zuerst von T. Kôno, 6. Dan Karate, unterrichtet. Später erhielt dieser japanische Lehrer dabei Assistenz von den japanischen Lehrern H. Fujii, 5. Dan, Ishikawa, 3. Dan und Muromatsu, 3. Dan.

## Wadôkai

## Pinan shôdan

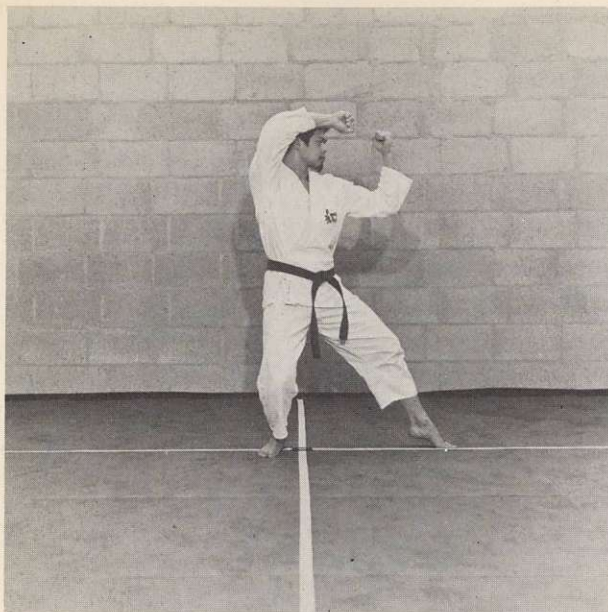


1 musubi dachi

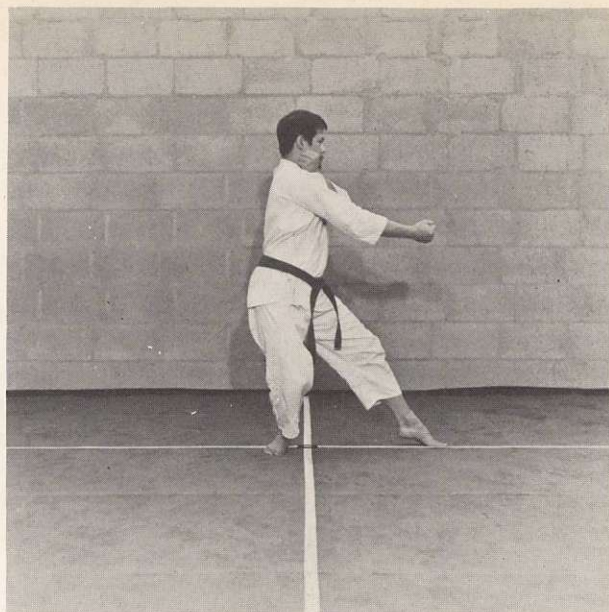


2 yoi

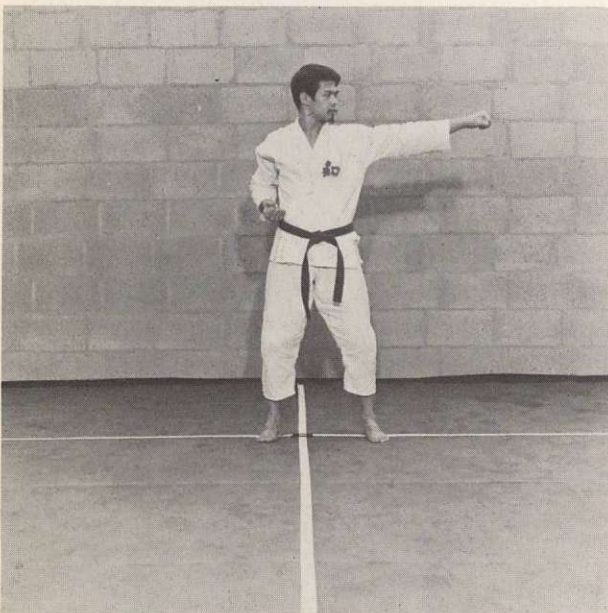




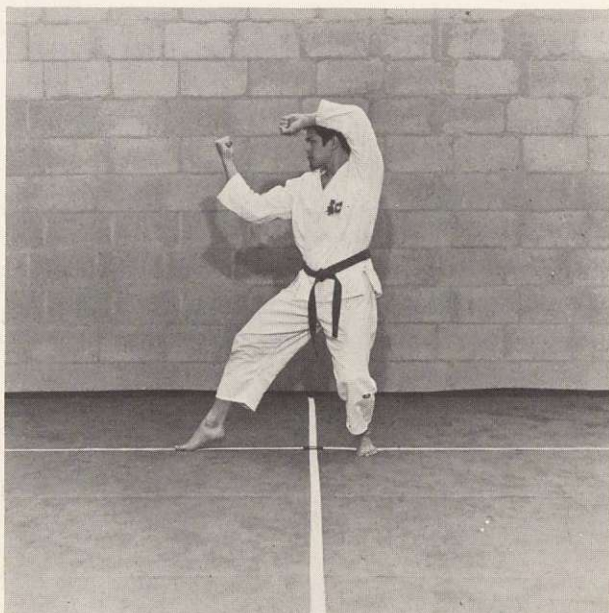
3 soto uke



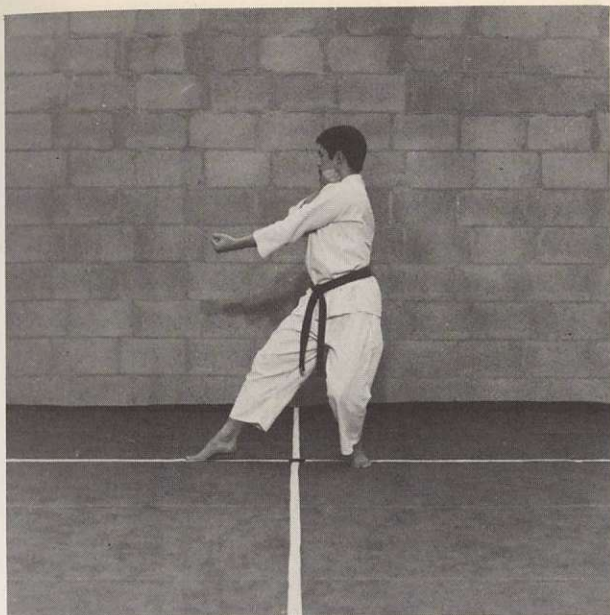
4 tettsui chûdan



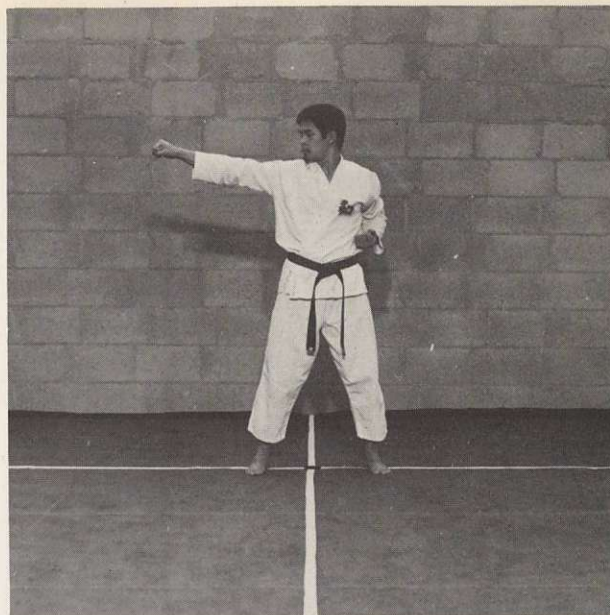
5 tettsui jôdan (2 sec)



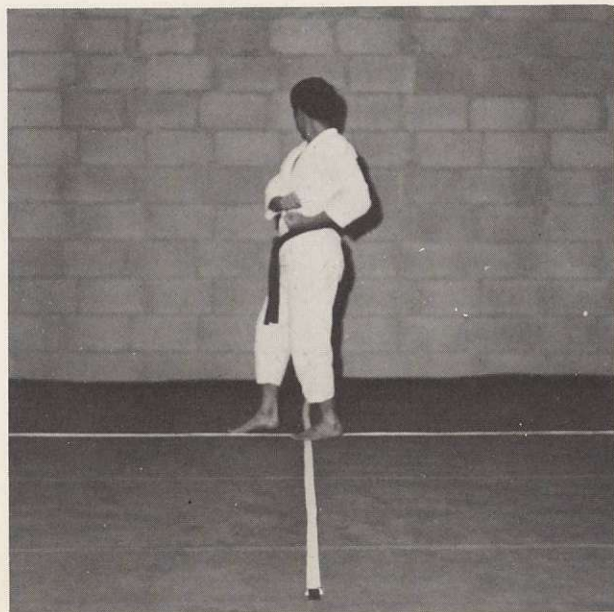
6 soto uke



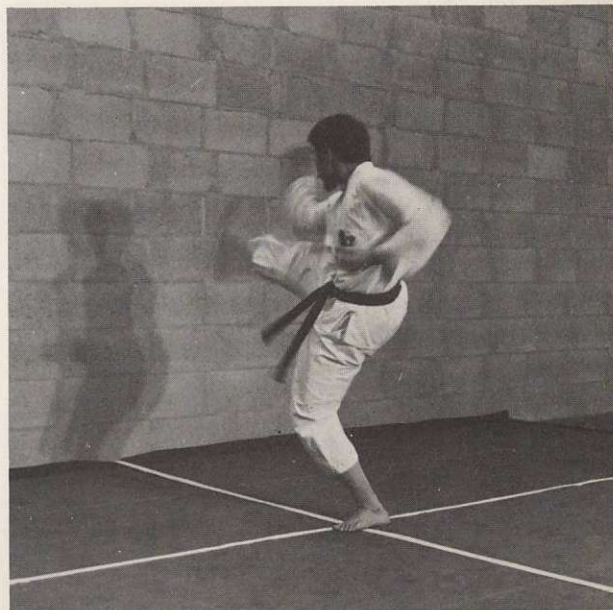
7 tettsui chûdan



8 tettsui jôdan (2 sec)



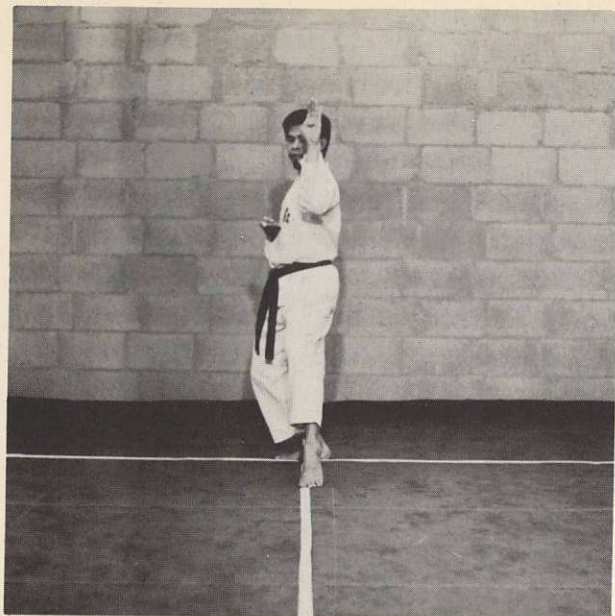
9a (0)



9b yoko geri+ganmen soto uke

MAE -





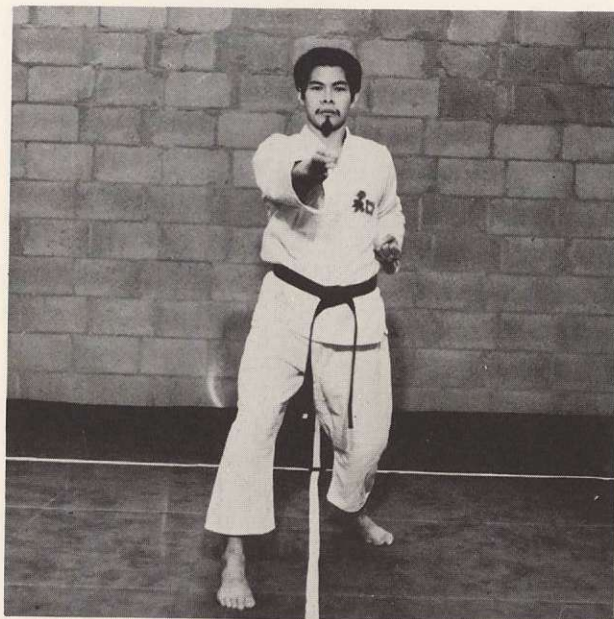
10 shutô uke (1 sec)



11 shutô uke (1 sec)



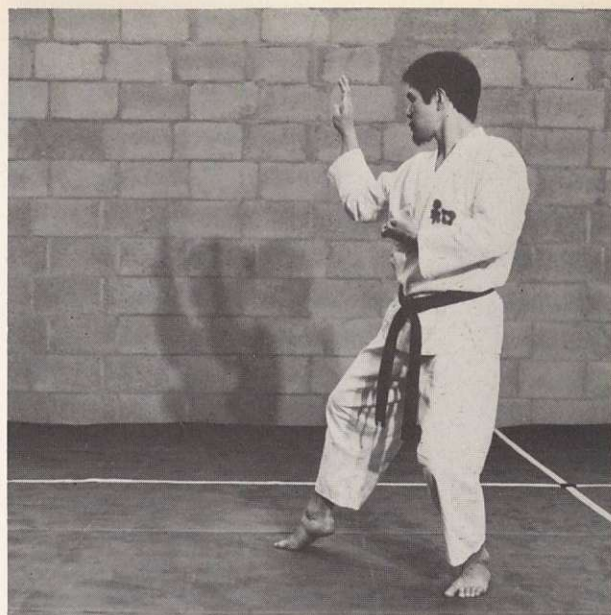
12 shutô uke (1 sec)



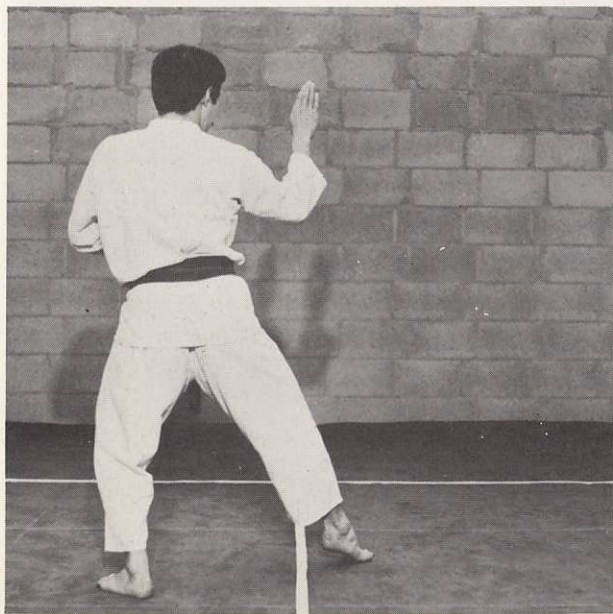
13 nukite (2 sec)



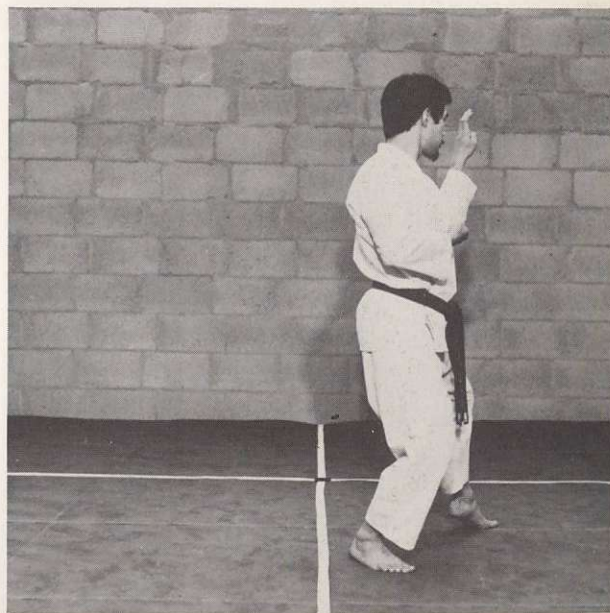
14 shutō uke (1 sec)



15 shutō uke (2 sec)

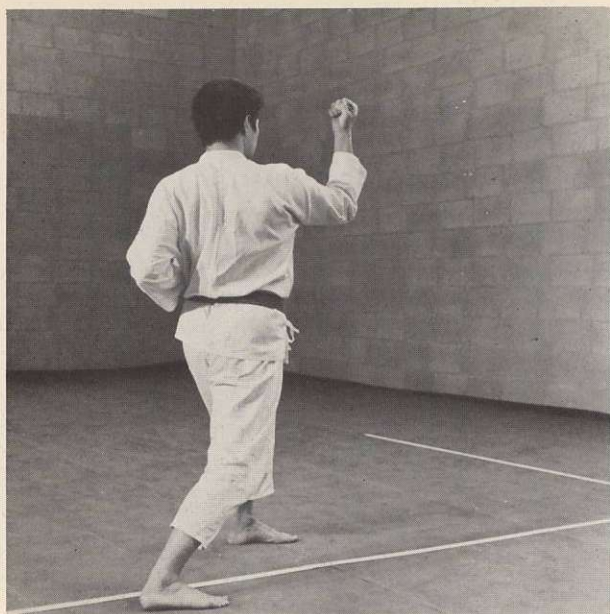


16 shutō uke (1 sec)



17 shutō uke (2 sec)

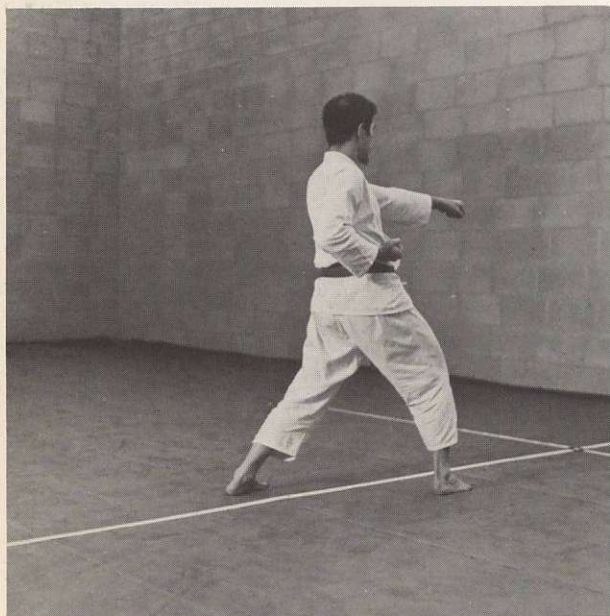




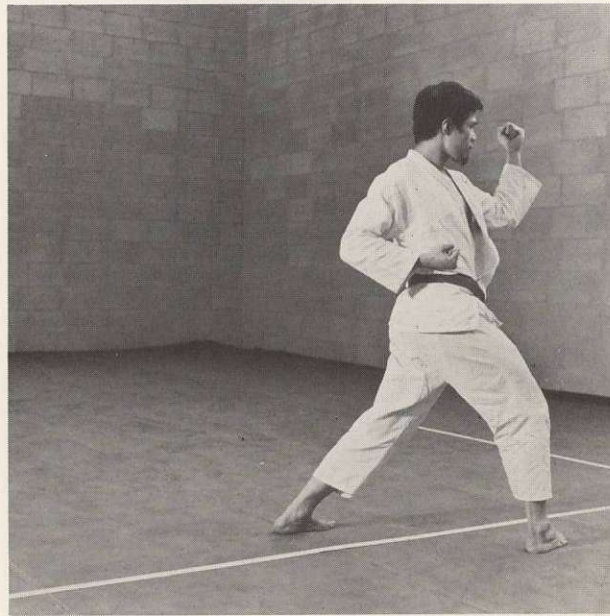
18 gyaku soto uke



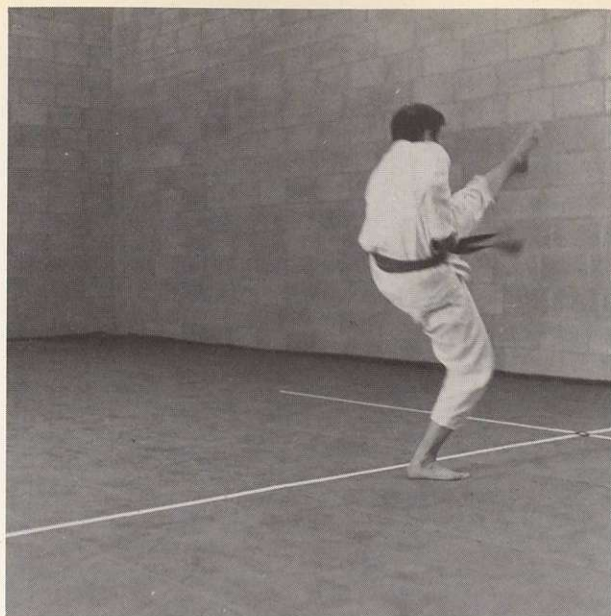
19 mae geri



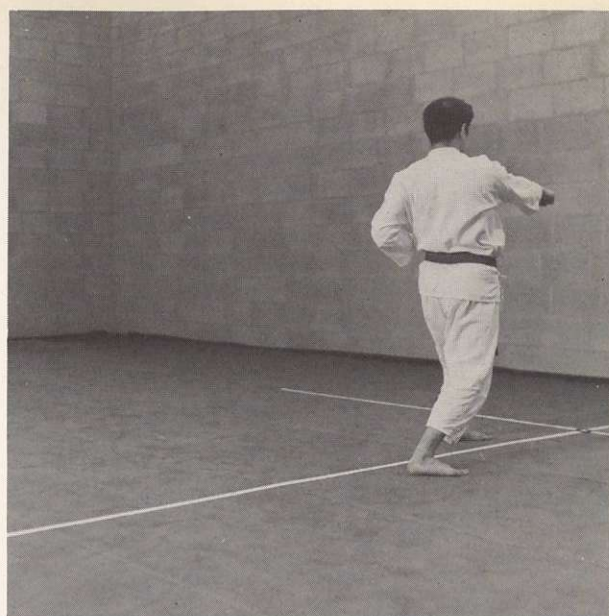
20 gyaku zuki (1 sec)



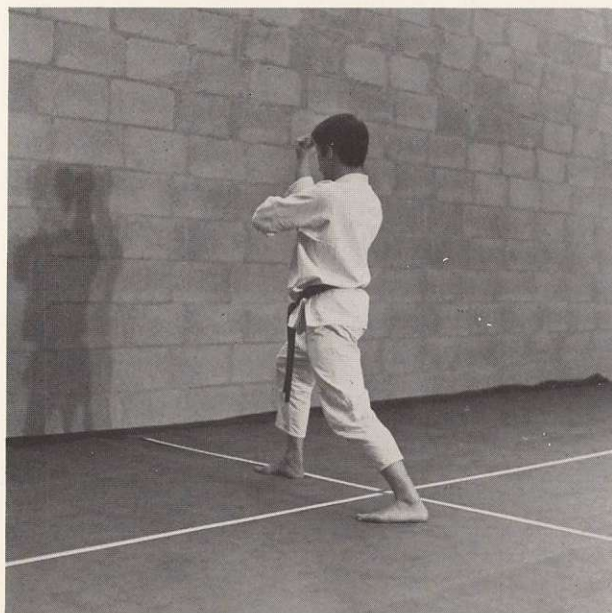
21 gyaku soto uke



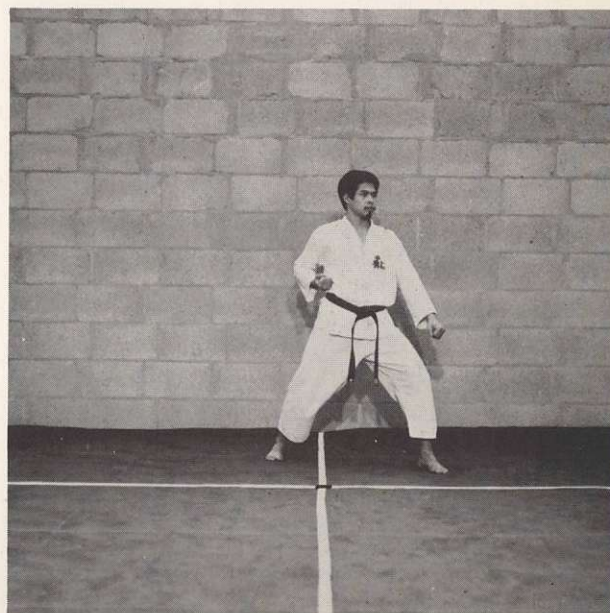
22 mae geri



23 gyaku zuki (1 sec)

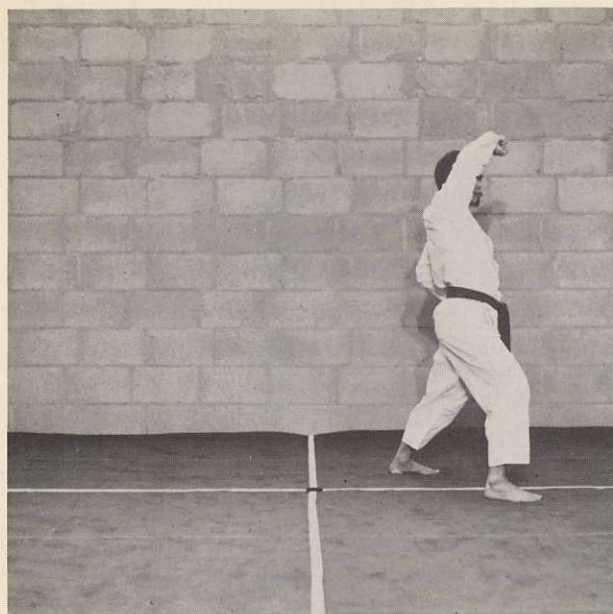


24 morote uke (2 sec)



25 gedan barai (1 sec)

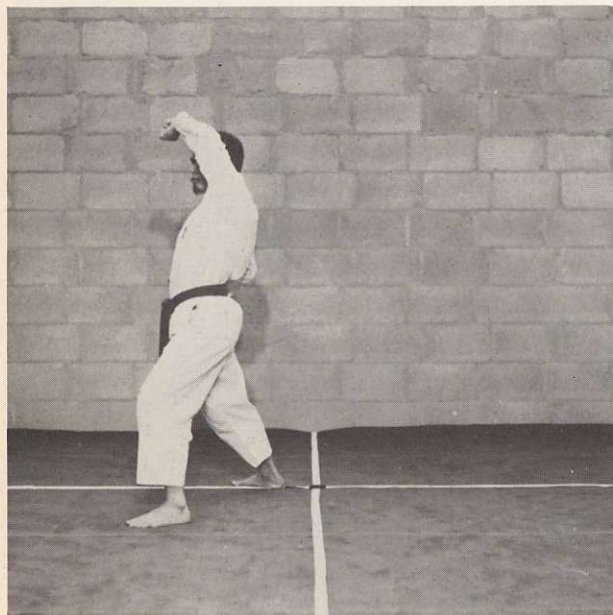




26 jôdan uke (2 sec)



27 gedan barai (1 sec)



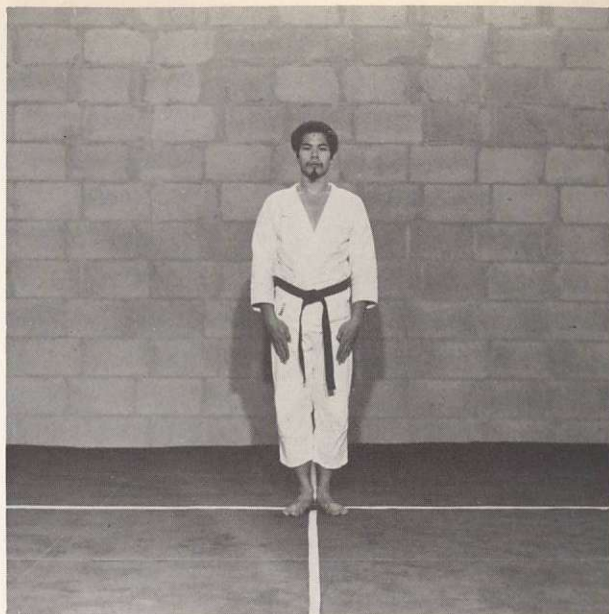
28 jôdan uke (2 sec)



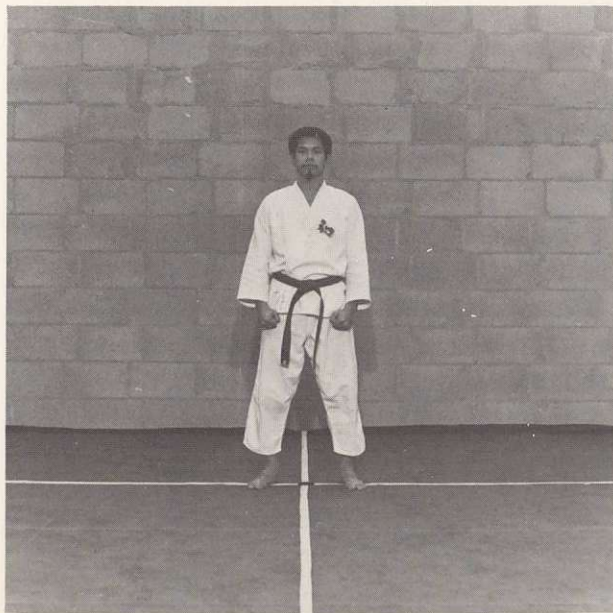
29 yame

Wadôkai

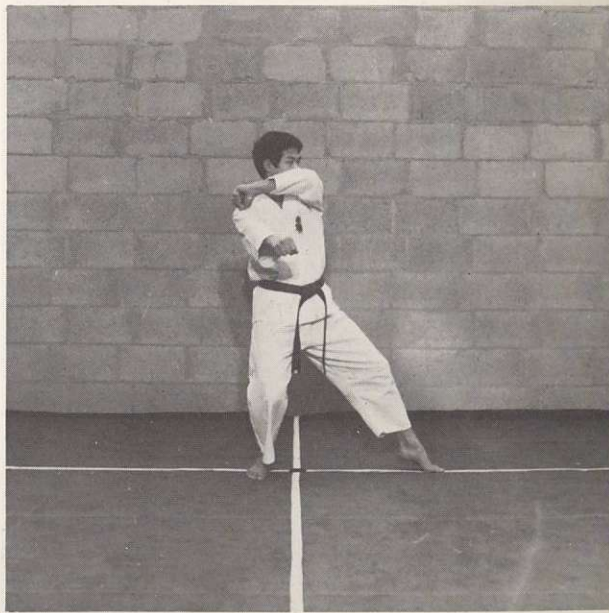
Pinan nidan



1 musubi dachi



2 yoi

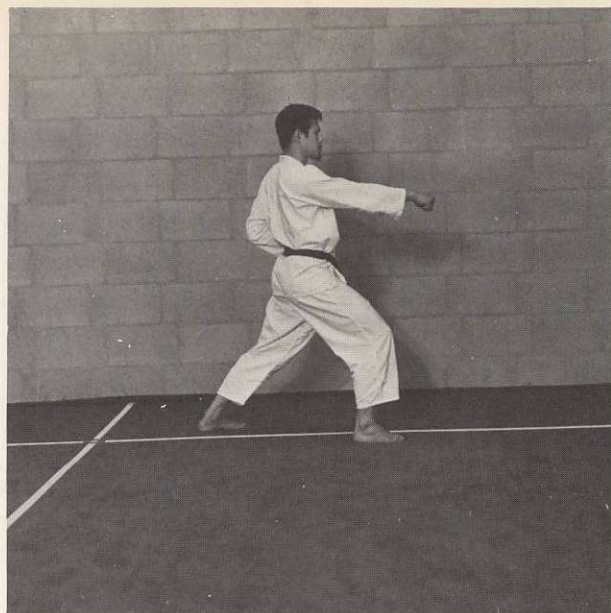


3a (O)

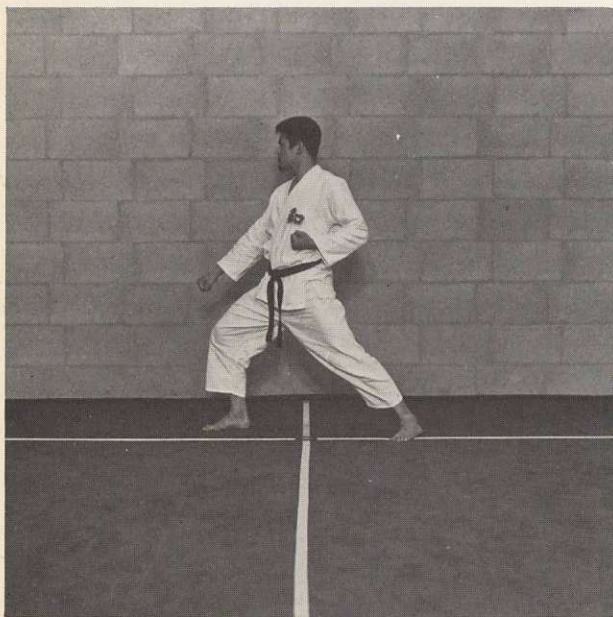




3b tetsui chûdan



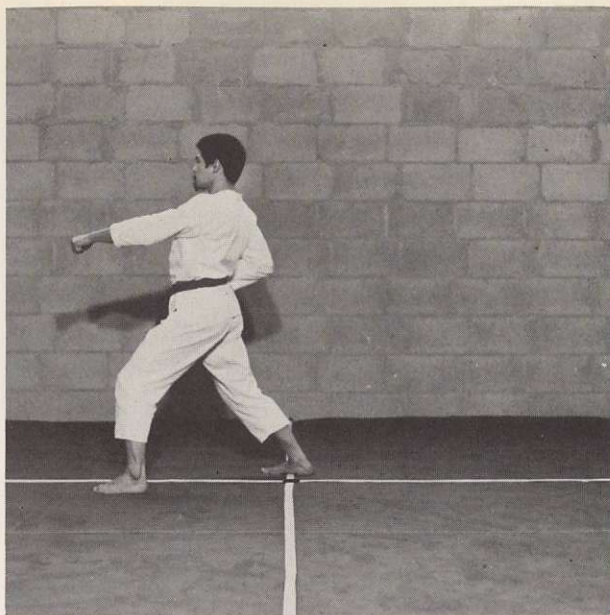
4 junzuki (2 sec)



5 gedan barai



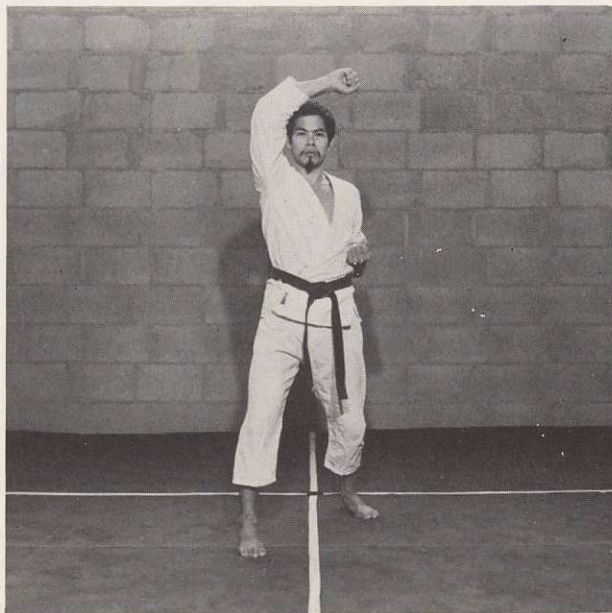
6 tetsui chûdan



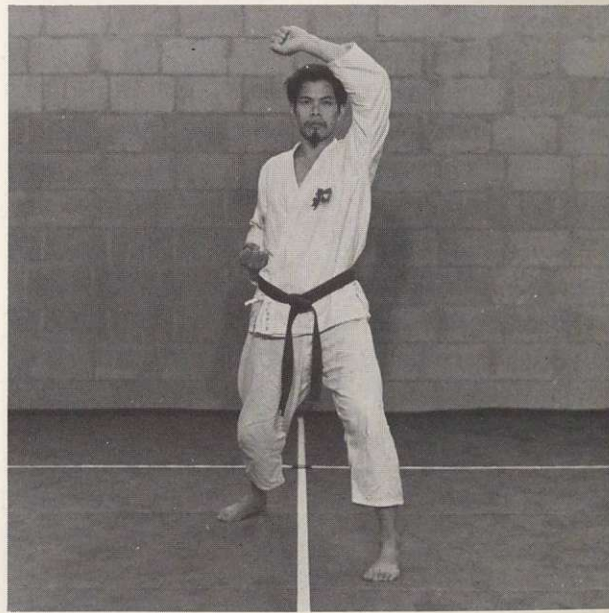
7 junzuki (2 sec)



8 gedan barai (1 sec)

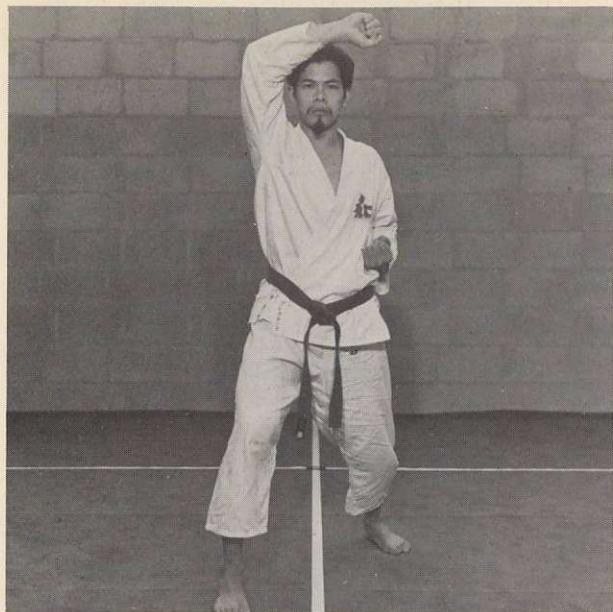


9 jôdan uke (1 sec)

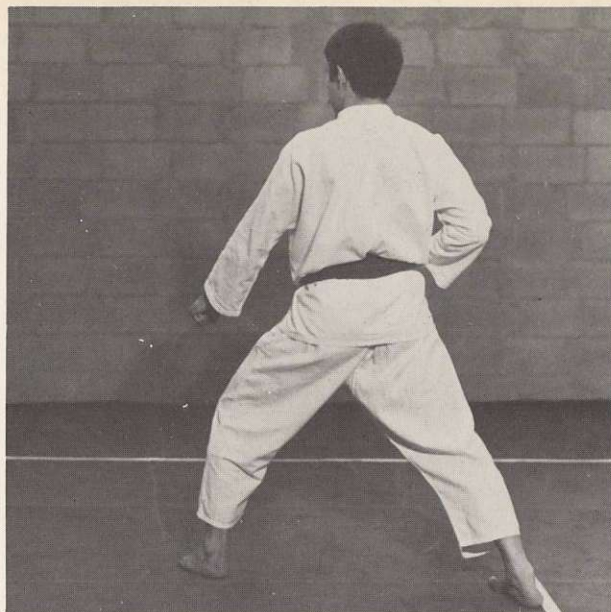


10 jôdan uke (1 sec)

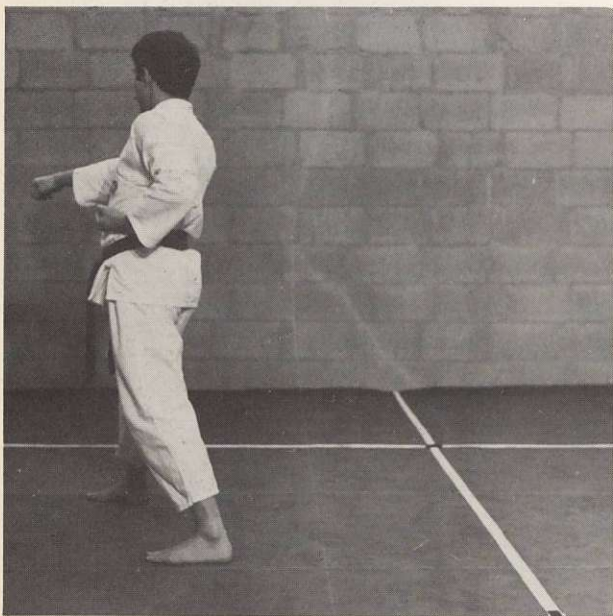




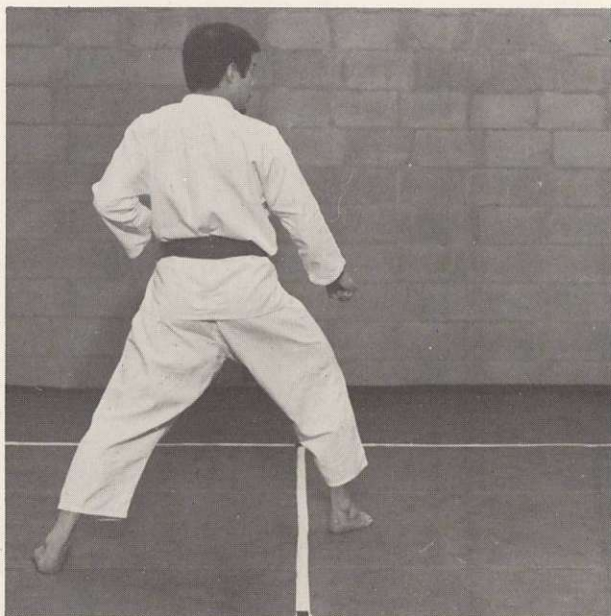
11 jōdan uke (2 sec)



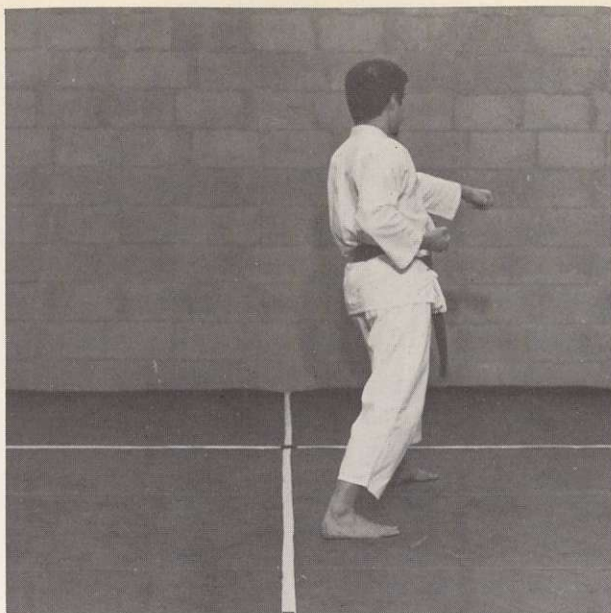
12 gedan barai



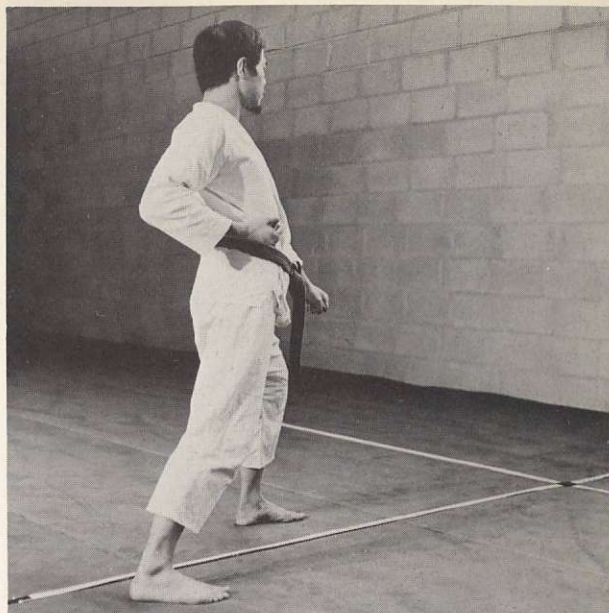
13 junzuki (2 sec)



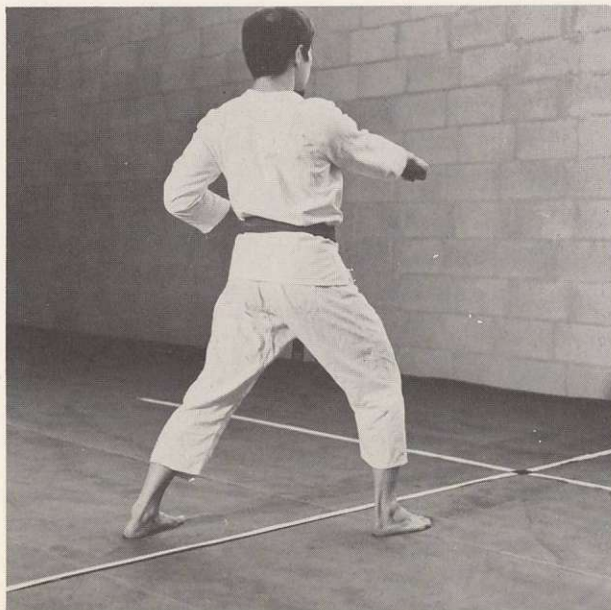
14 gedan barai



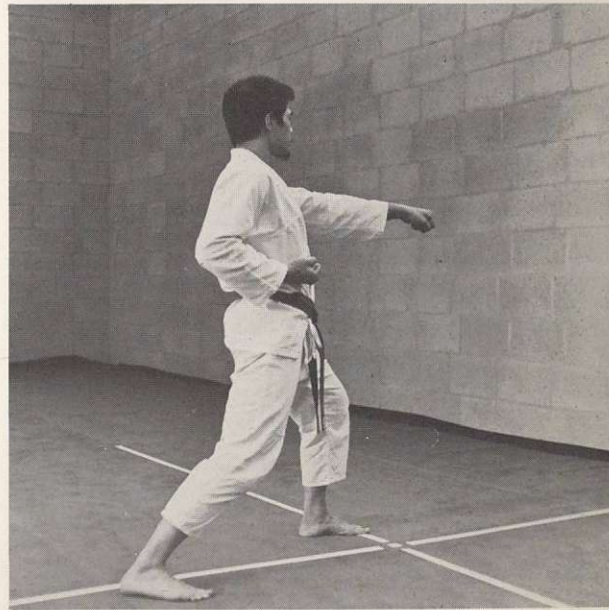
15 junzuki (2 sec)



16 gedan barai (1 sec)

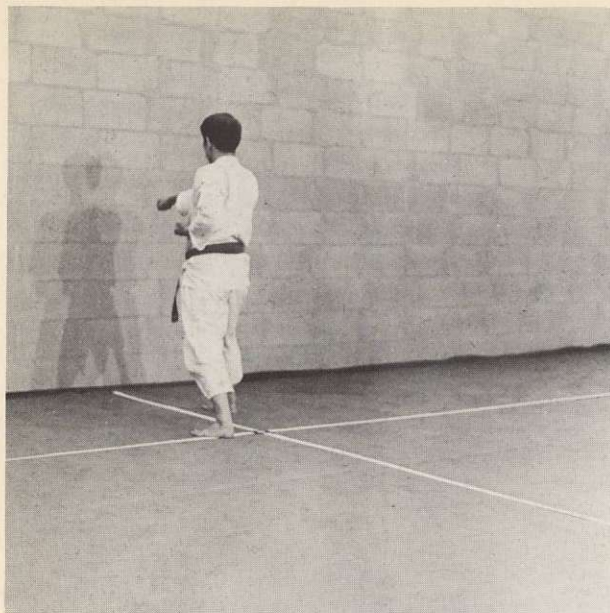


17 junzuki (1 sec)



18 junzuki (1 sec)

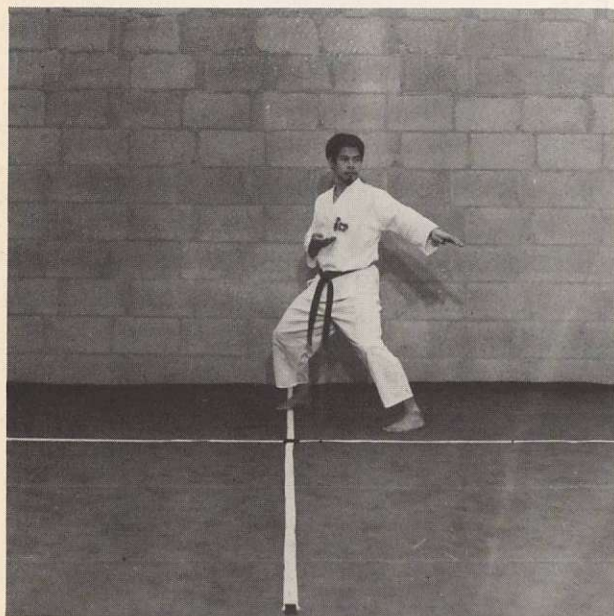




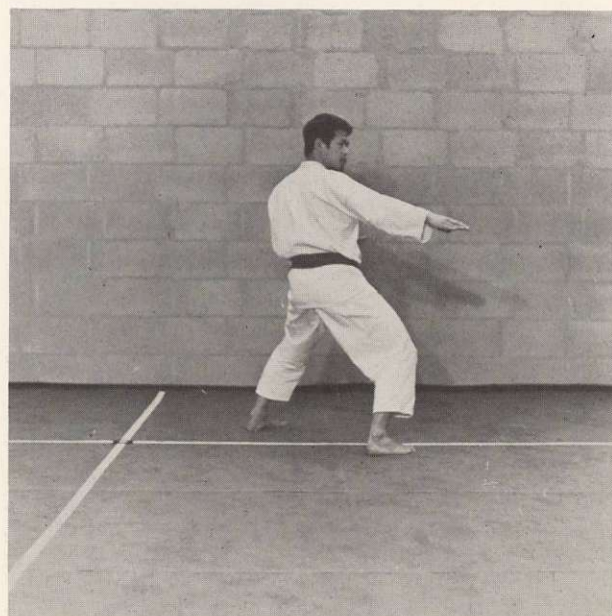
19 junzuki (2 sec)



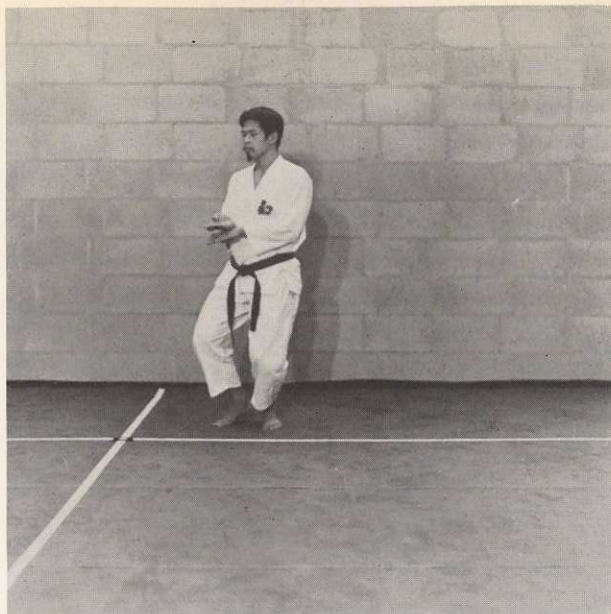
20a (O)



20b yoko nukite (1 sec)



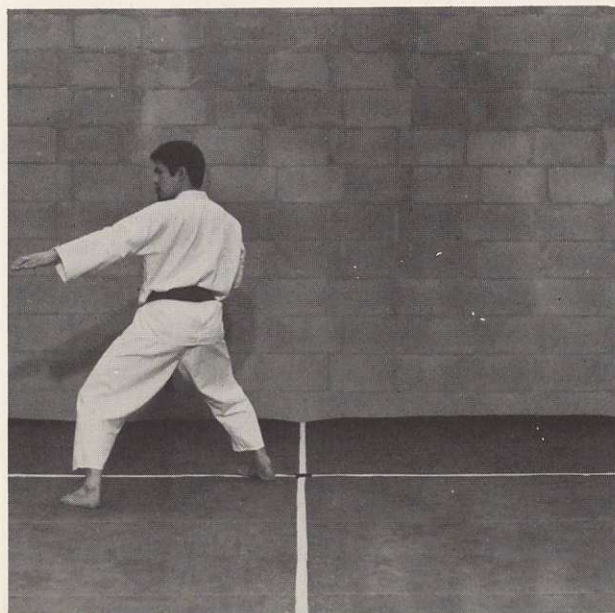
21 yoko nukite (2 sec)



22a (O)



22b yoko nukite (1 sec)



23 yoko nukite (2 sec)

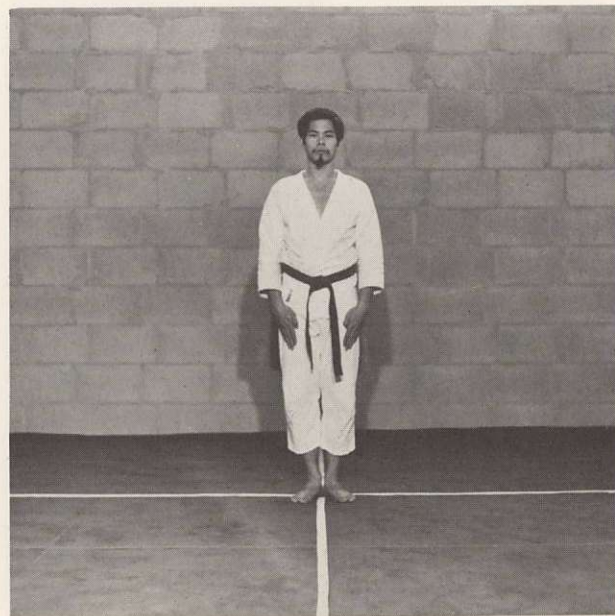


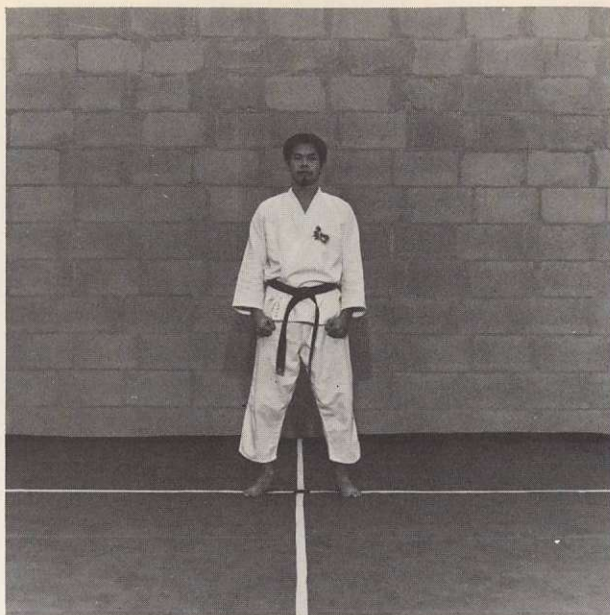
24 yame



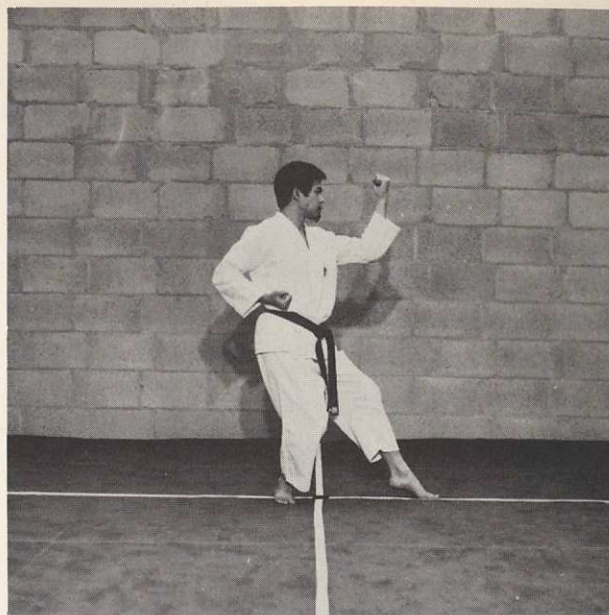
**Wadôkai**

**Pinan sandan**





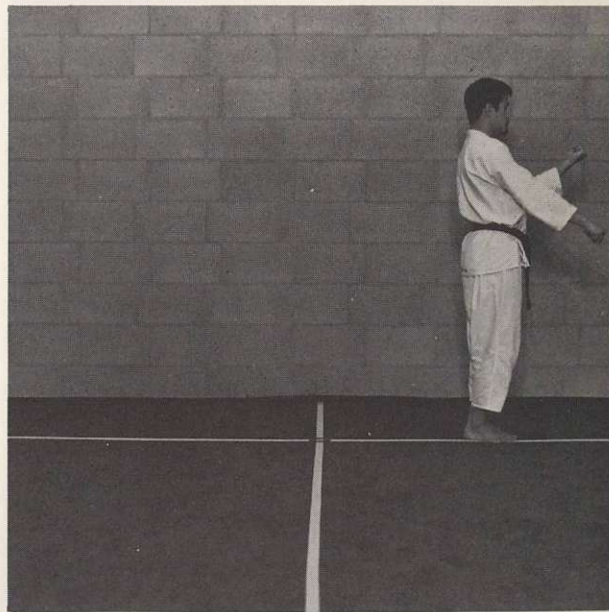
2 yoi



3 soto uke (1 sec)

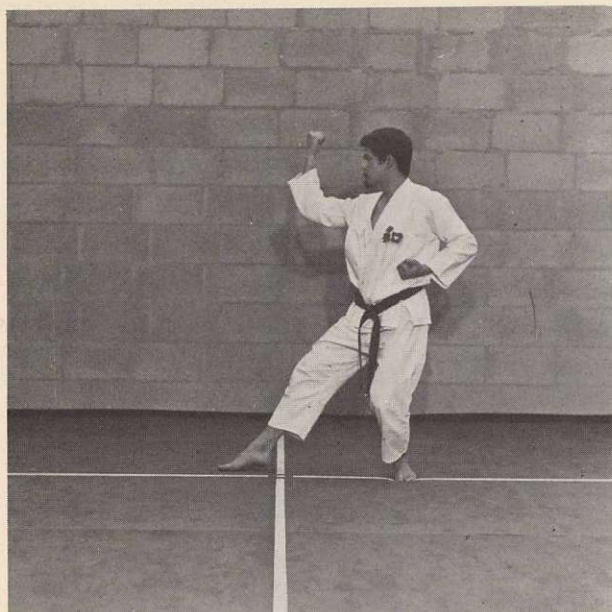


4 soto uke+gedan barai

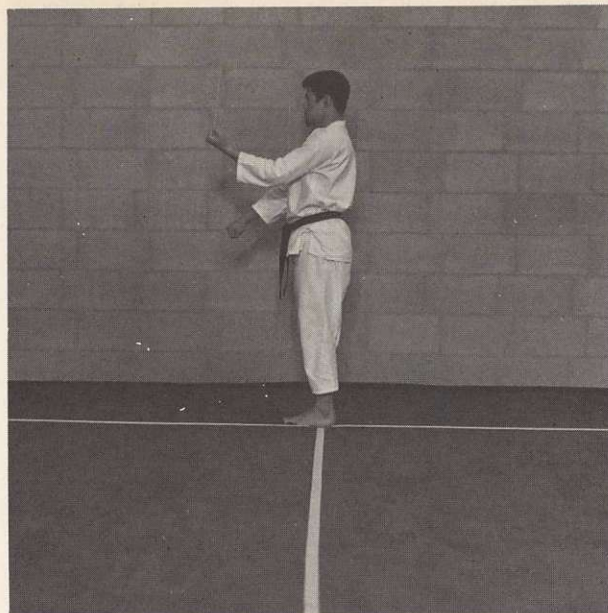


5 soto uke+gedan barai (2 sec)

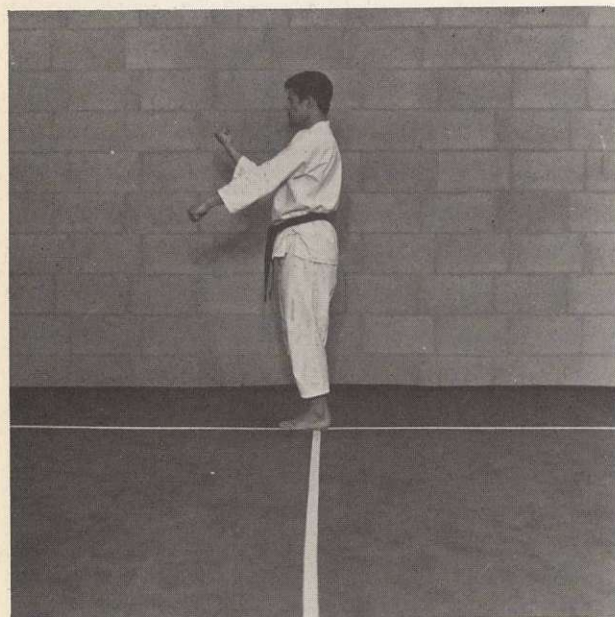




6 soto uke (1 sec)



7 soto uke+gedan barai



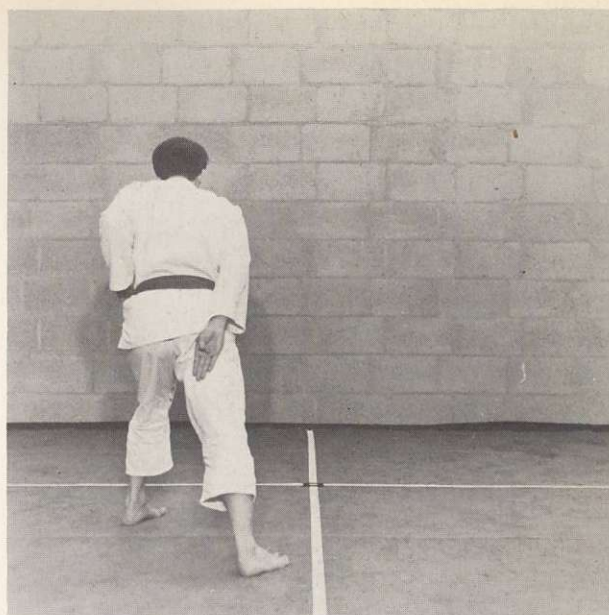
8 soto uke+gedan barai (2 sec)



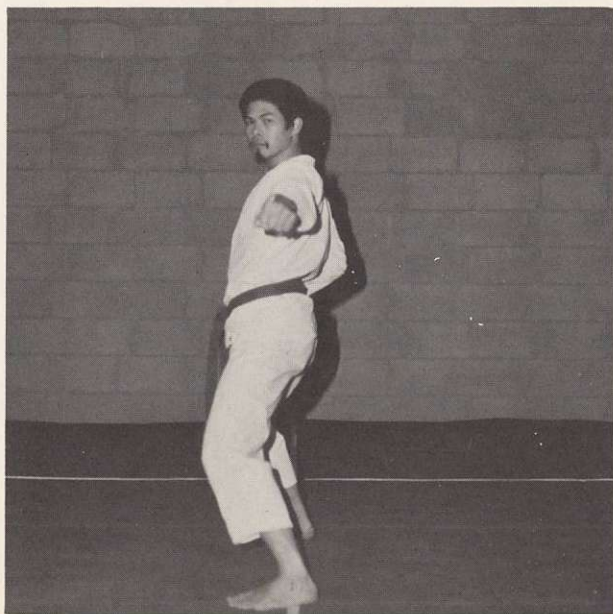
9 soto uke (1 sec)



10 nukite (1 sec)



11 mawashi

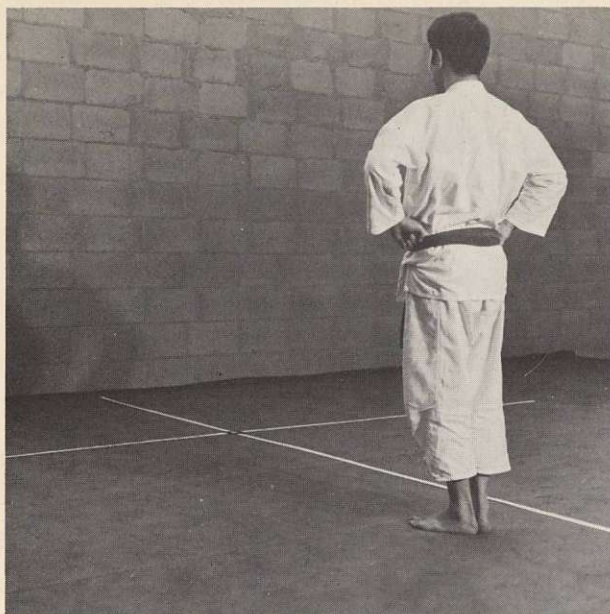


12 tettsui chûdan



13 junzuki





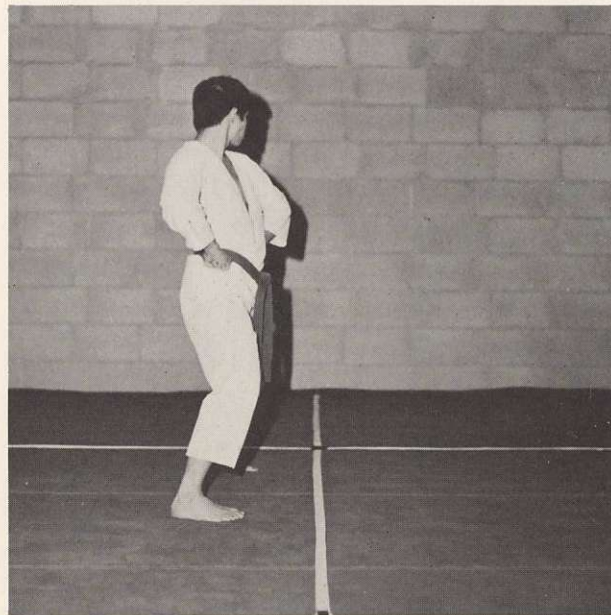
14 kamae (O+L)



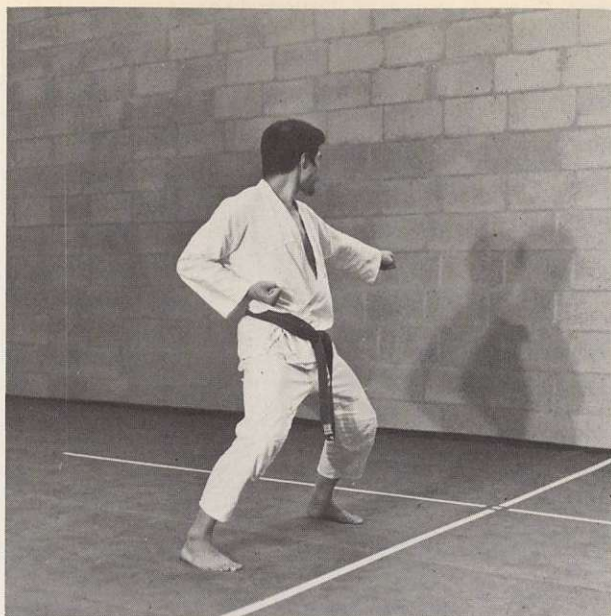
15 hiji uke



16 tettsui chûdan (1 sec)



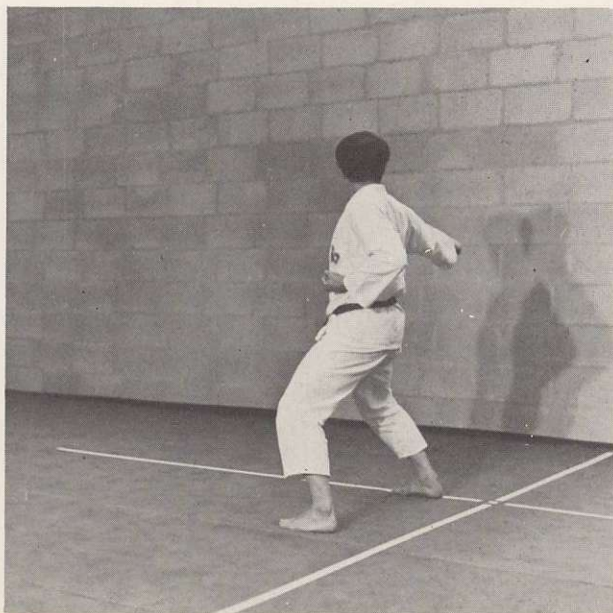
17 hiji uke



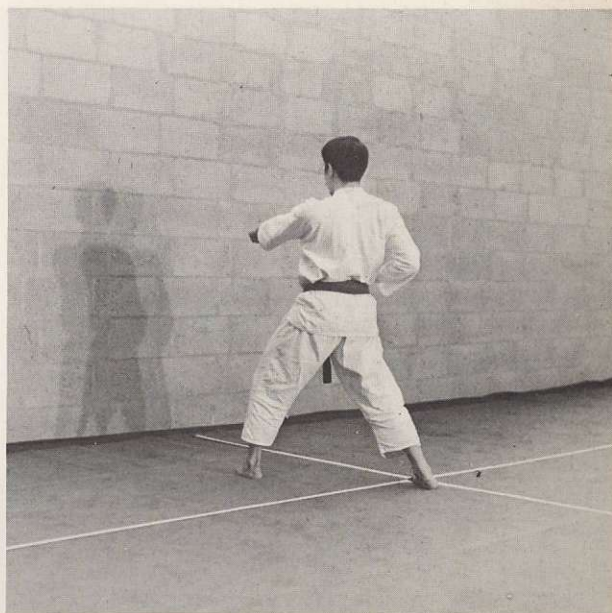
18 tettsui chûdan (1 sec)



19 hiji uke

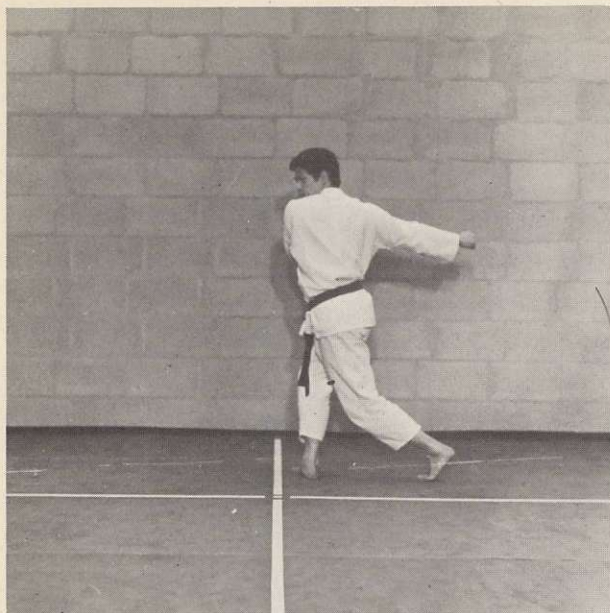


20 tettsui chûdan (1 sec)

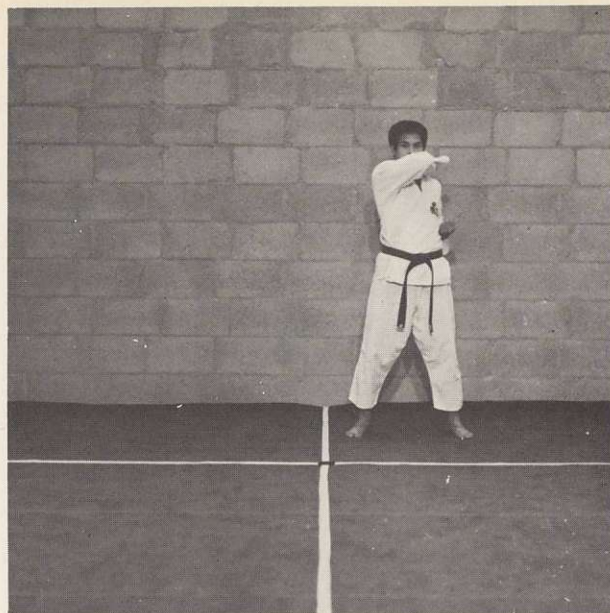


21 junzuki (2 sec)

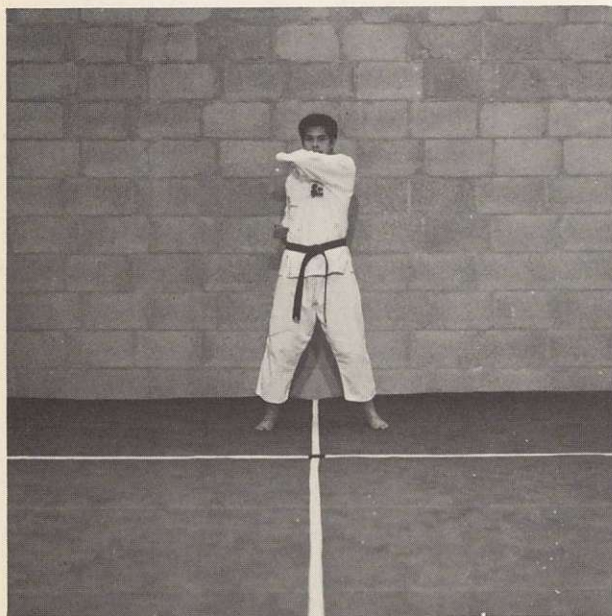




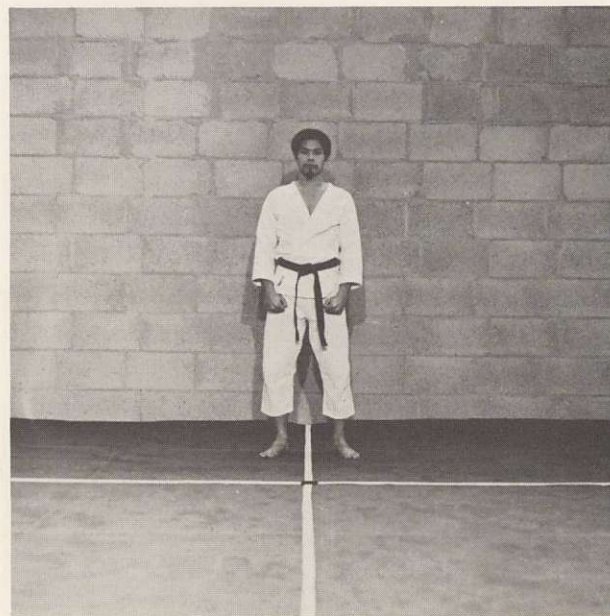
22a



22b ushiro enpi (1 sec)



23 ushiro enpi (2 sec)

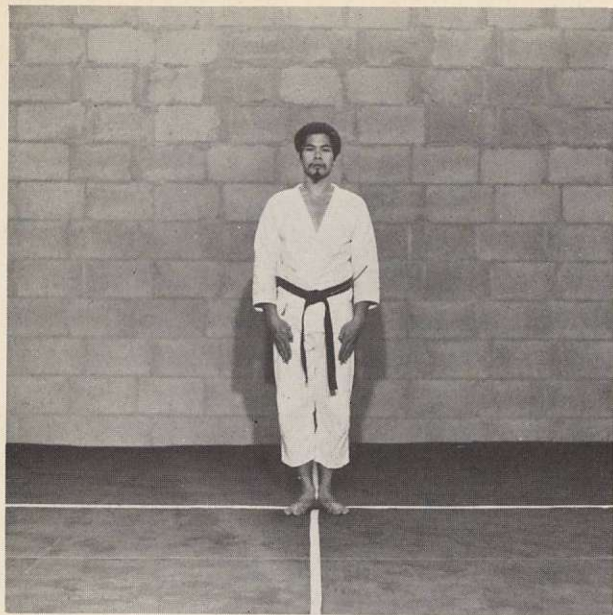


24 yame

**Wadôkai**

**Pinan yodan**

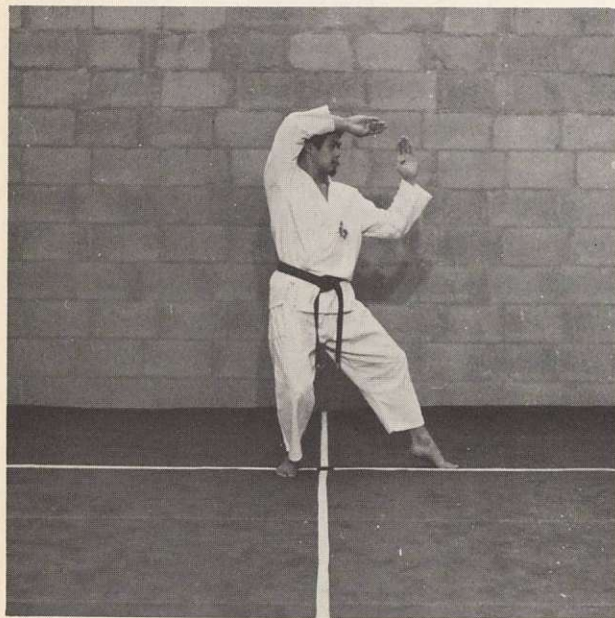




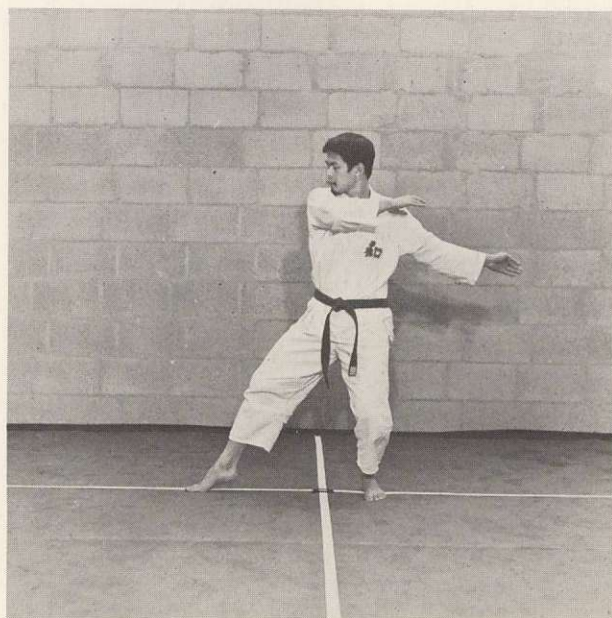
1 musubi dachi



2 yoi



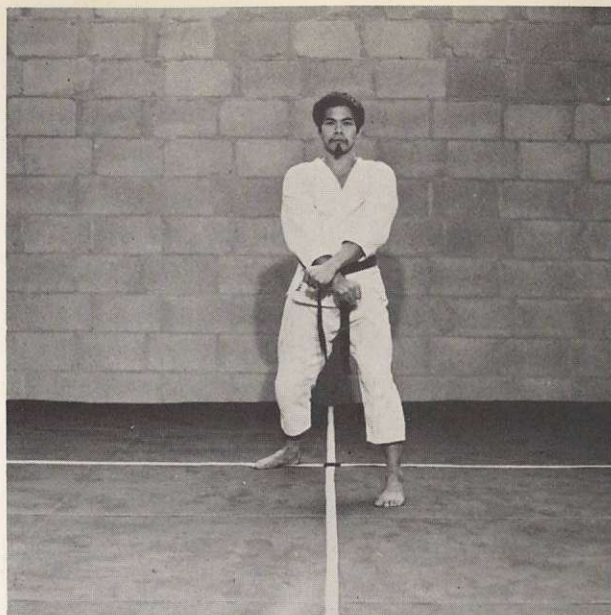
3 haishu uke (2 sec)



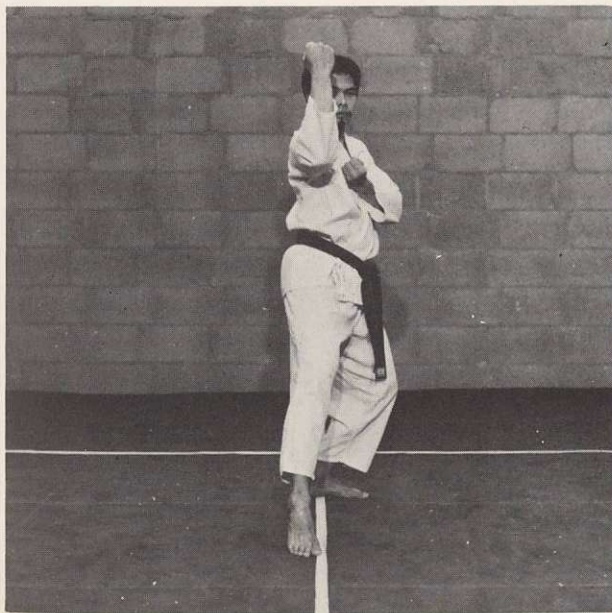
4a (0)



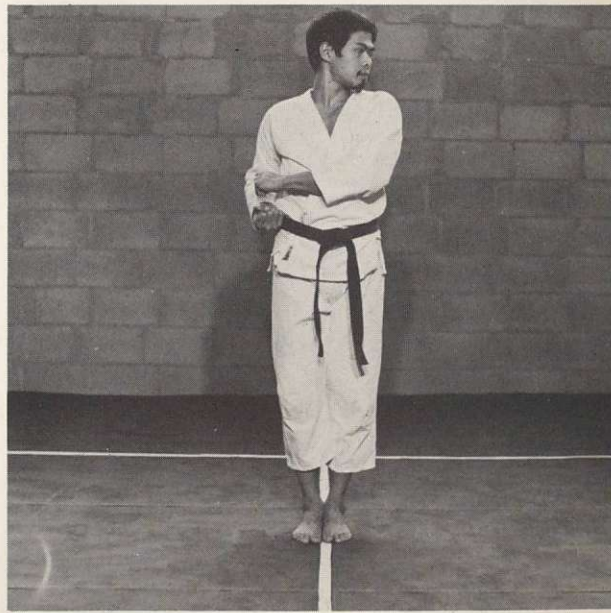
4b haishu uke (2 sec)



5 gedan jûji uke (1 sec)



6 morote uke (1 sec)

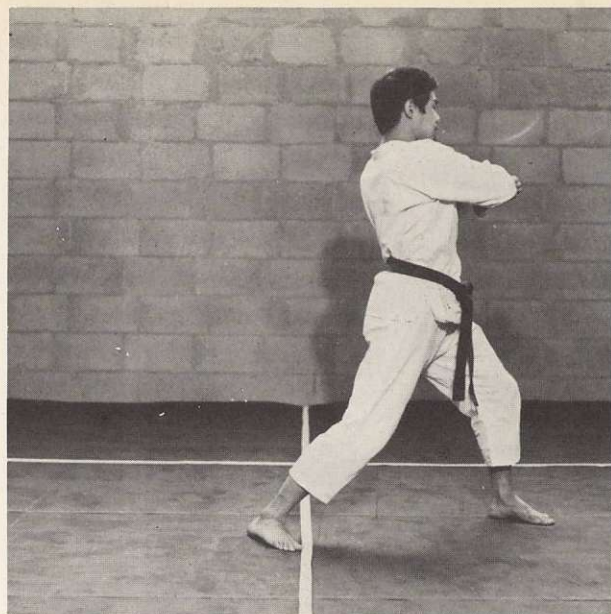


7 kamae (O+L)

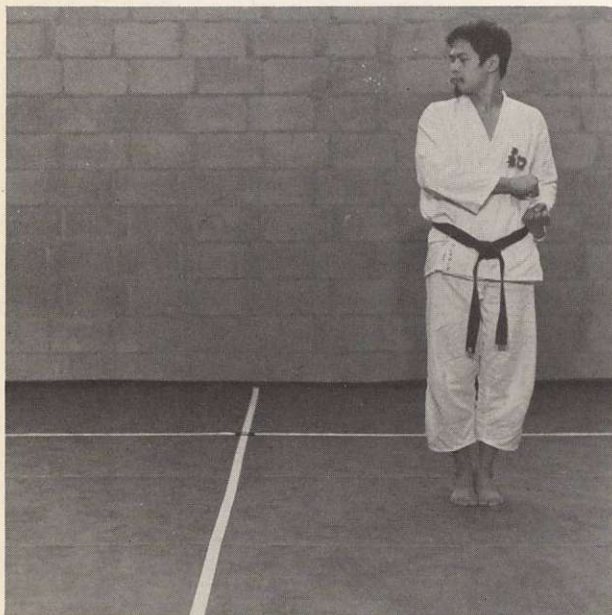




8 gedan barai+yoko geri



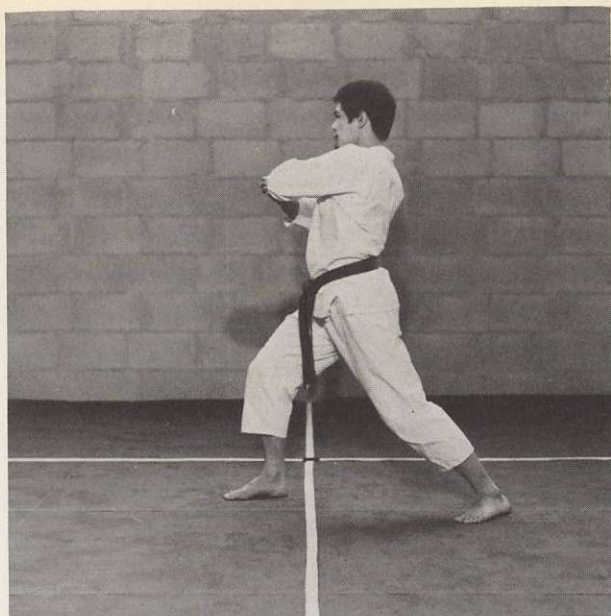
9 enpi (2 sec)



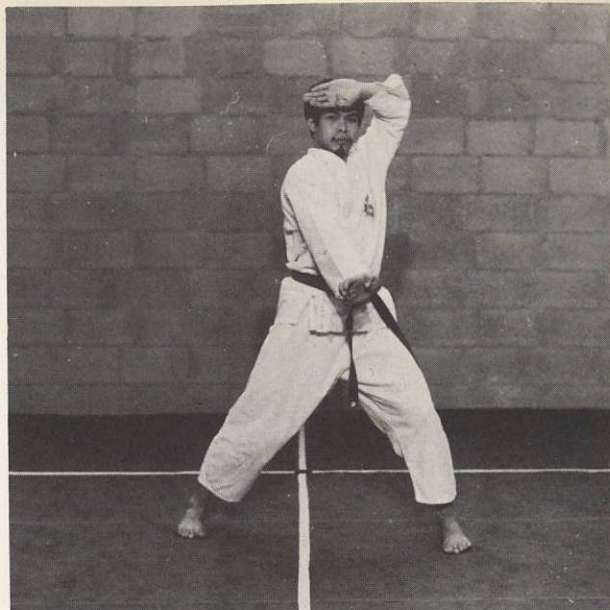
10 kamae (O+L)



11 gedan barai+yoko geri



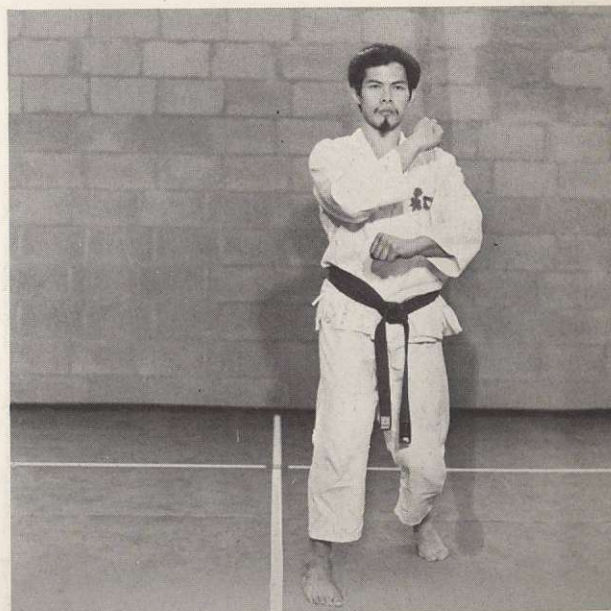
12 enpi (2 sec)



13 teisho osae uke

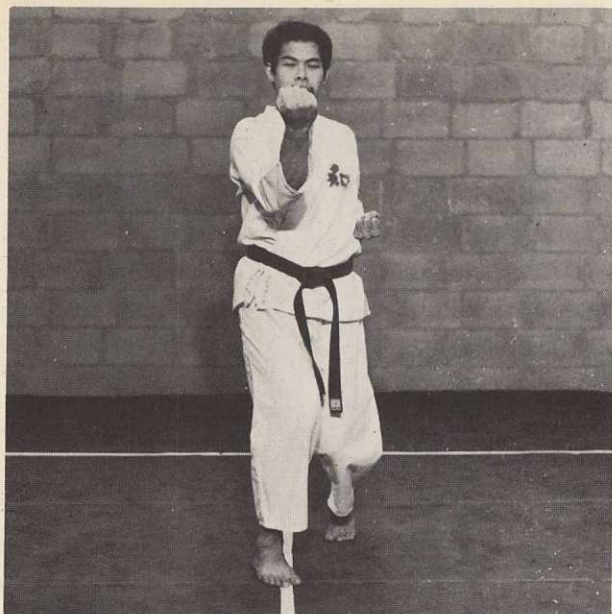


14 mae geri

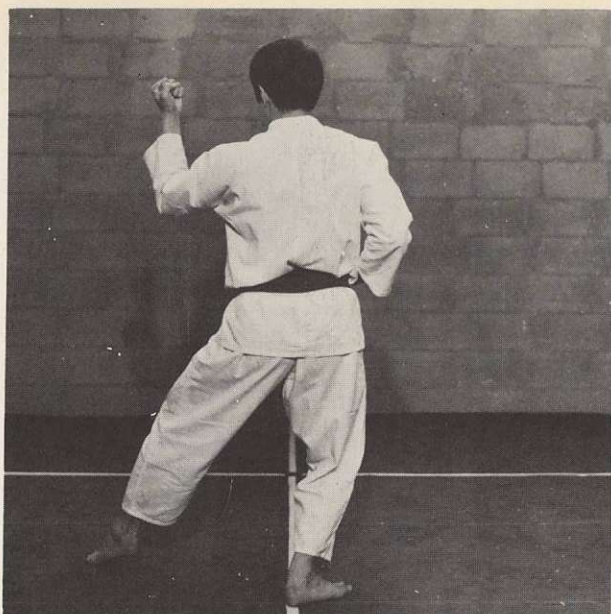


15a otoshi uke





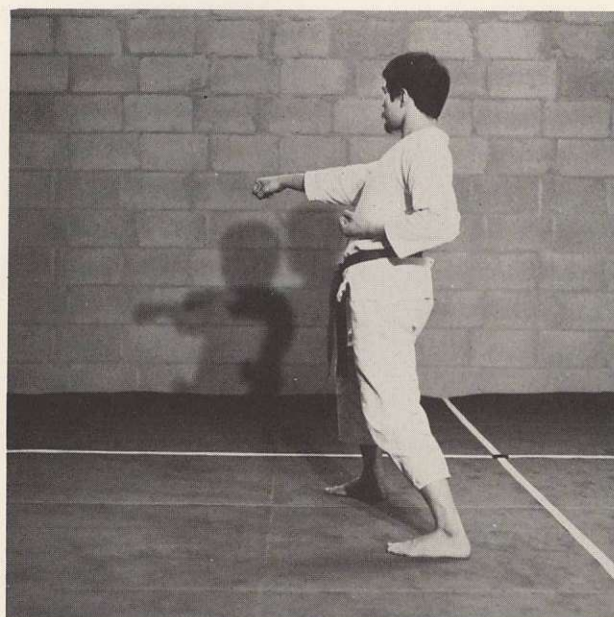
15b tate uraken (2 sec)



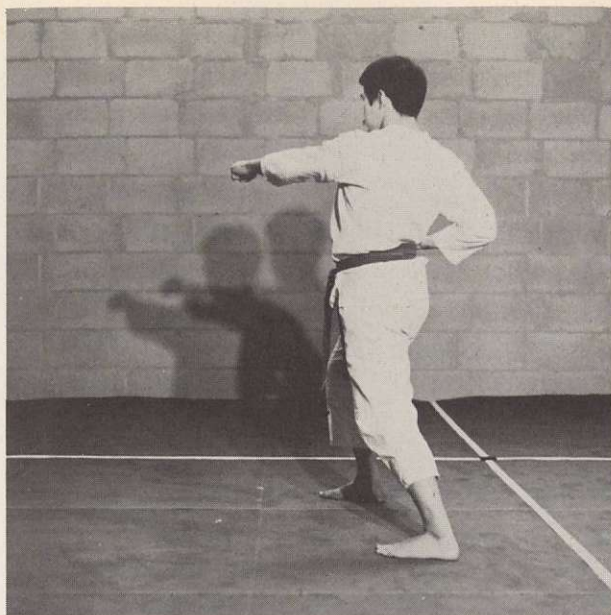
16 soto uke



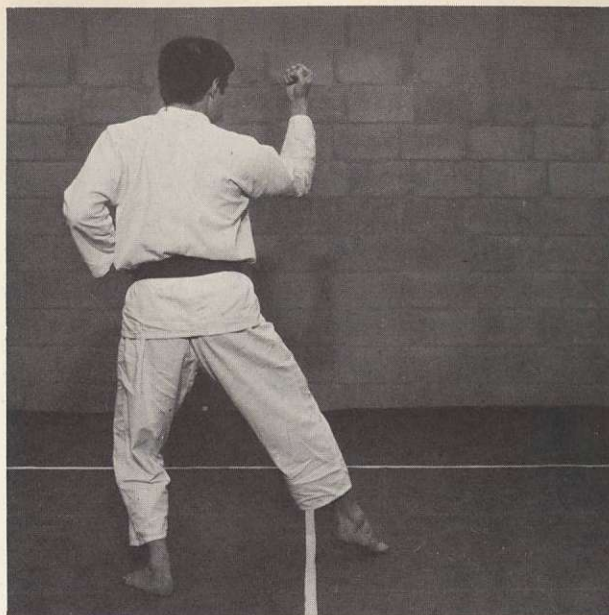
17 mae geri



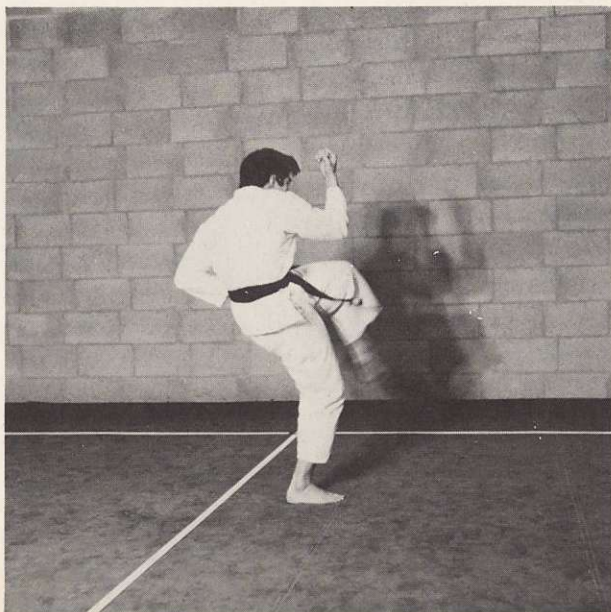
18 jun zuki



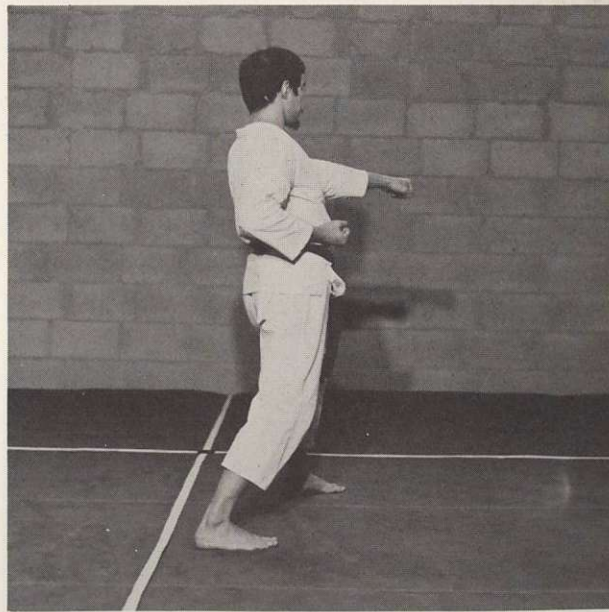
19 gyaku zuki (2 sec)



20 soto uke

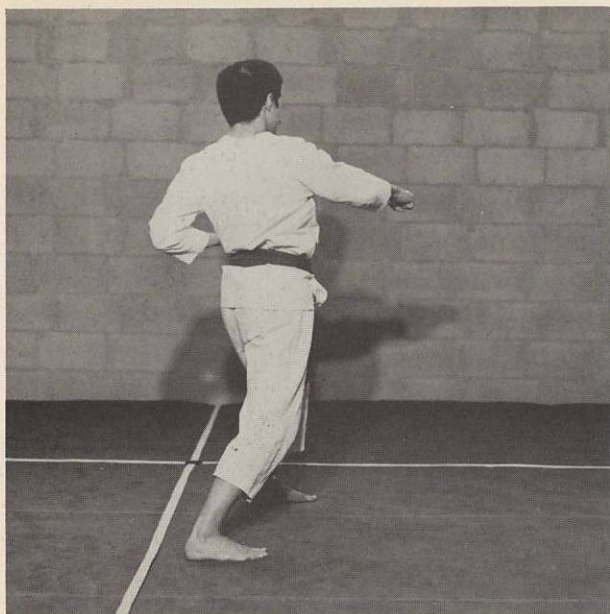


21 mae geri

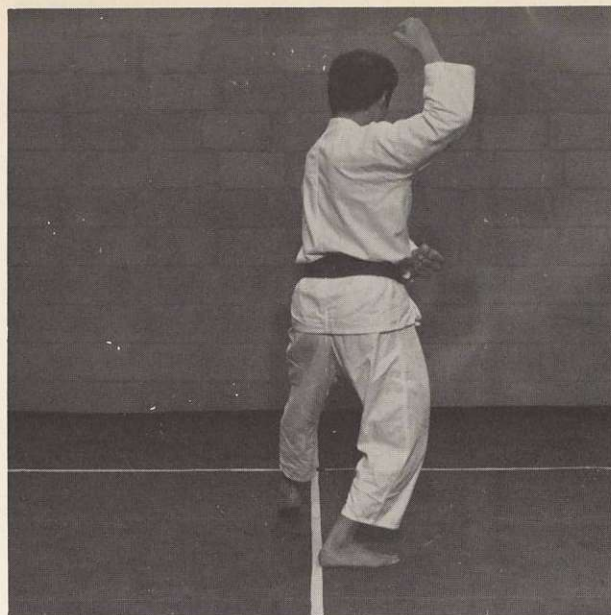


22 jun zuki

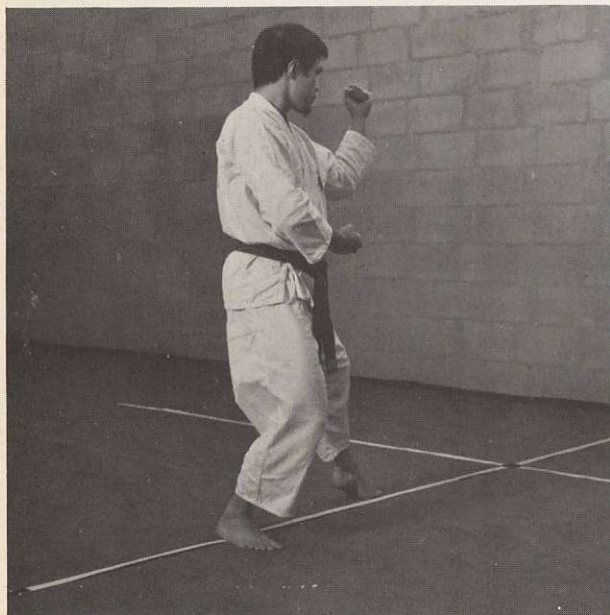




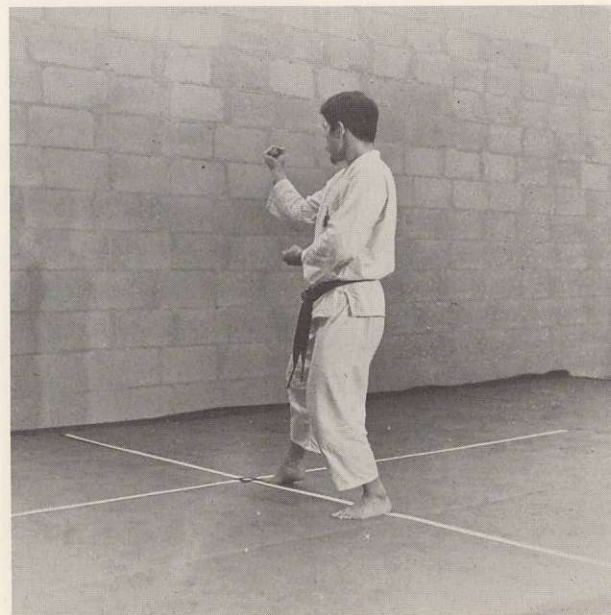
23 gyaku zuki (2 sec)



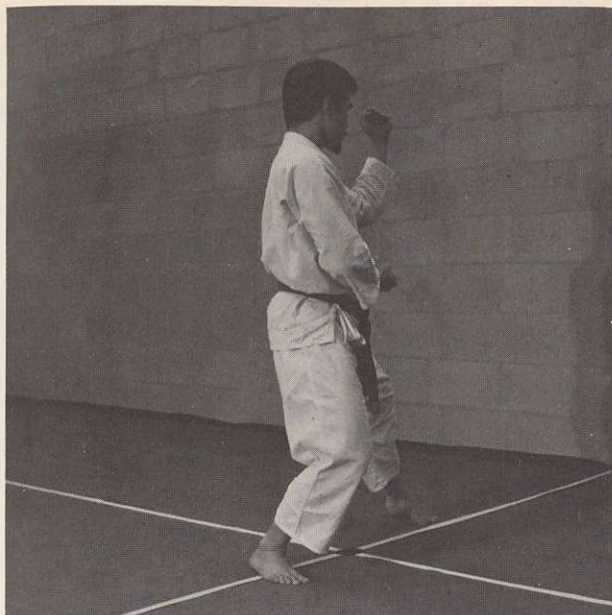
24a



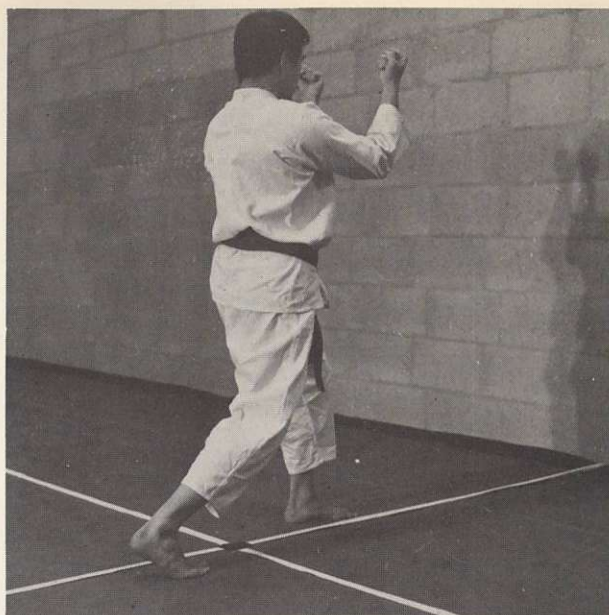
24b otoshi uraken+soto uke (1 sec)



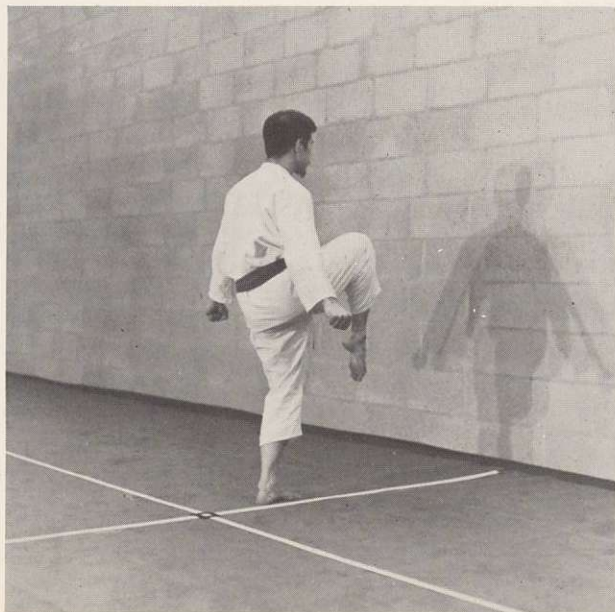
25 otoshi uraken+soto uke (1 sec)



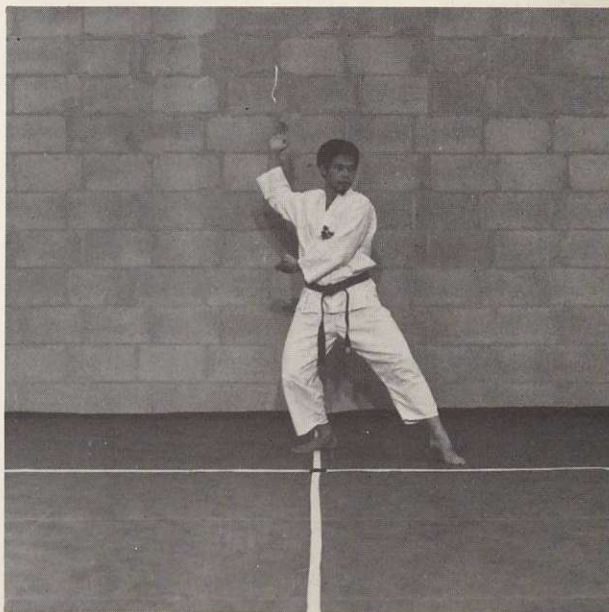
26 otoshi uraken+soto uke (1 sec)



27 soto uke (1 sec)

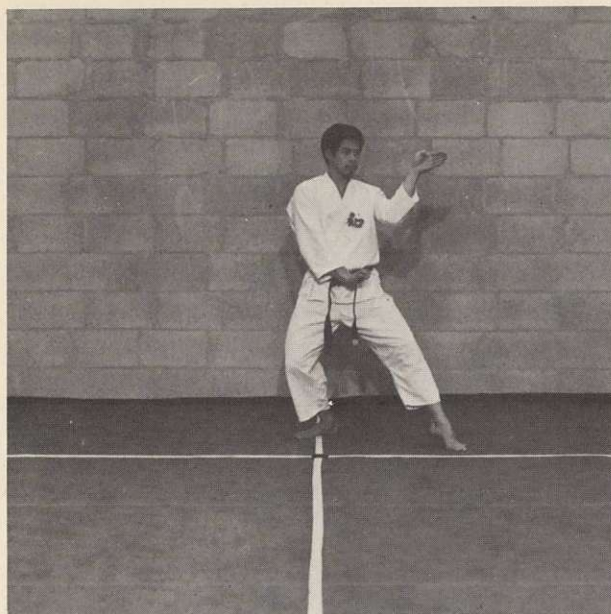


28 hittsui geri (1 sec)

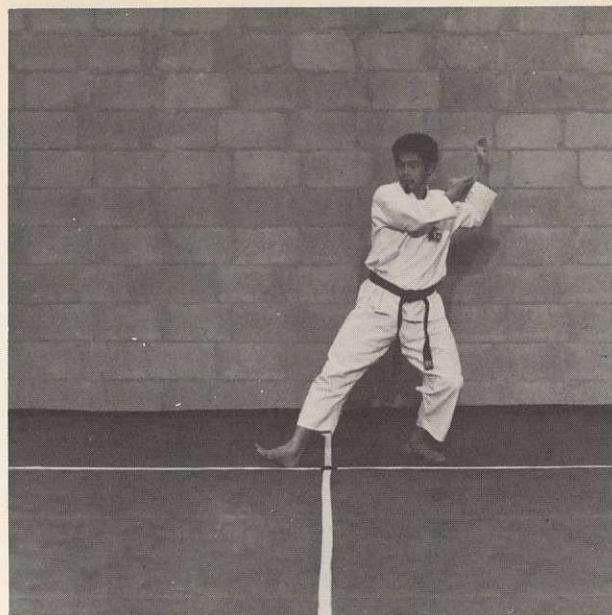


29a (O)





29b teisho osae uke+tekubi kake uke (2 sec)



30a (O)



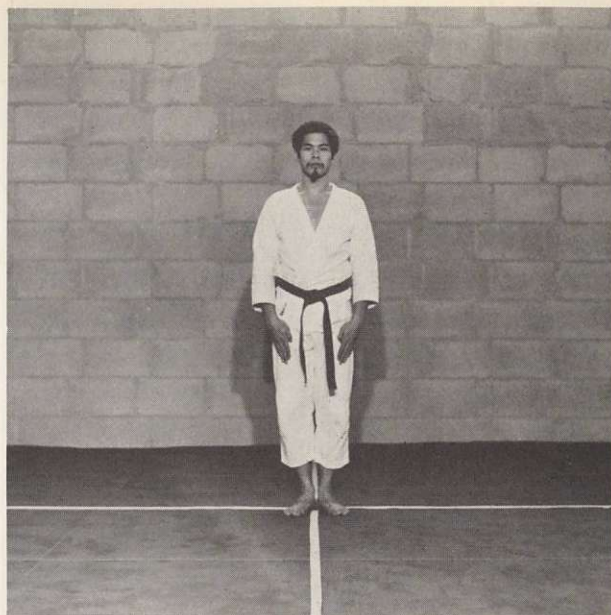
30b teisho osae uke+tekubi kake uke (2 sec)



31 yame

**Wadôkai**

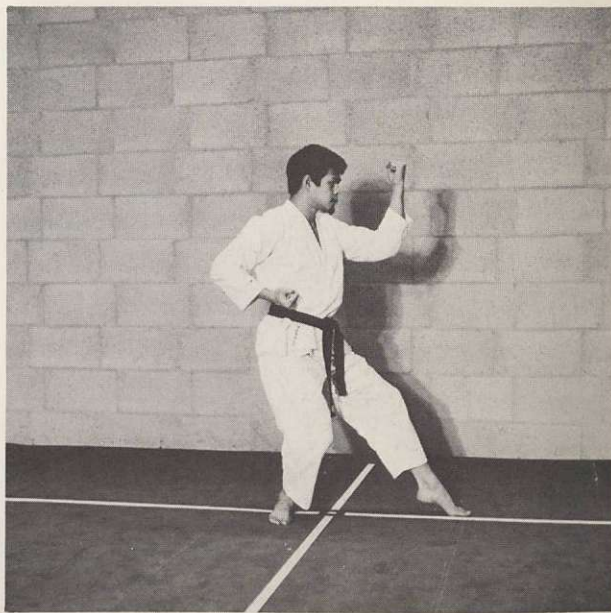
**Pinan godan**



1 musubi dachi

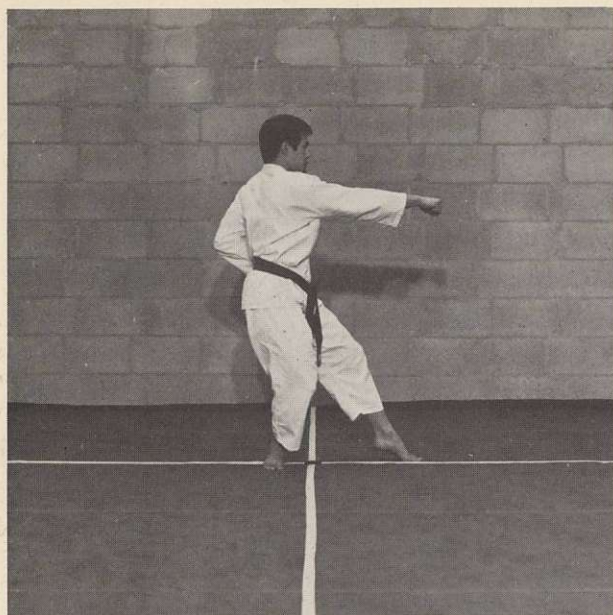


2 yôï

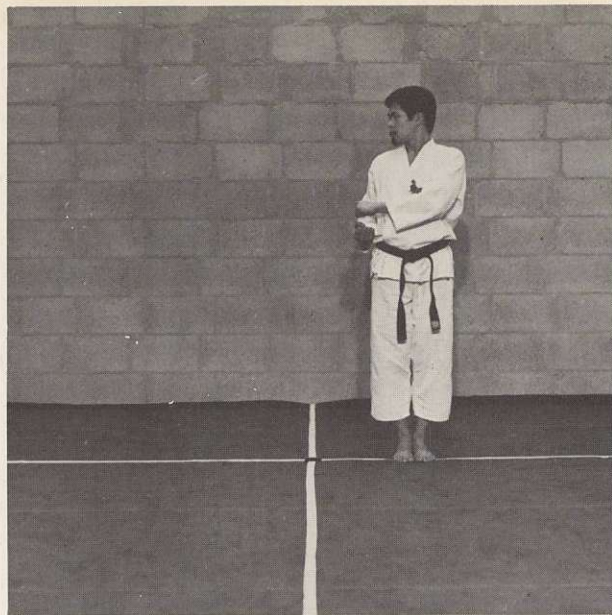


3 soto uke

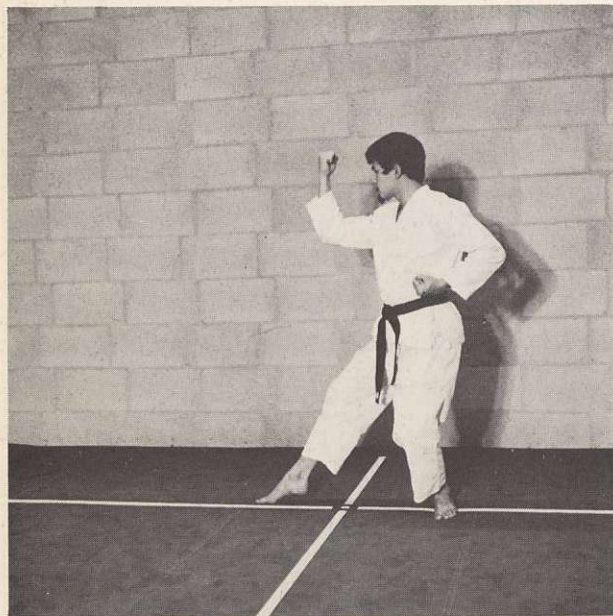




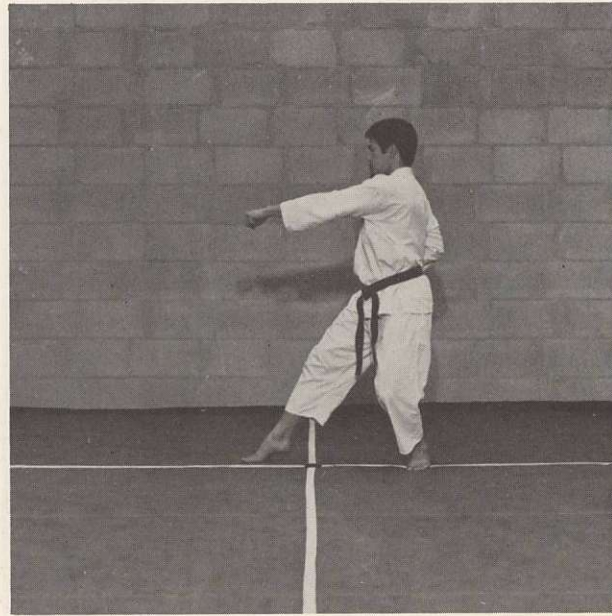
4 gyaku zuki (2 sec)



5 kamae (O+L)



6 soto uke



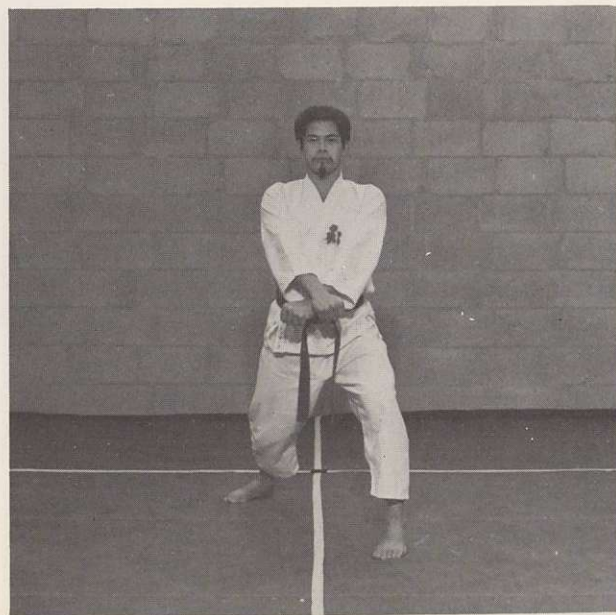
7 gyaku zuki (2 sec)



8 kamae (O+L)



9 morote uke (1 sec)

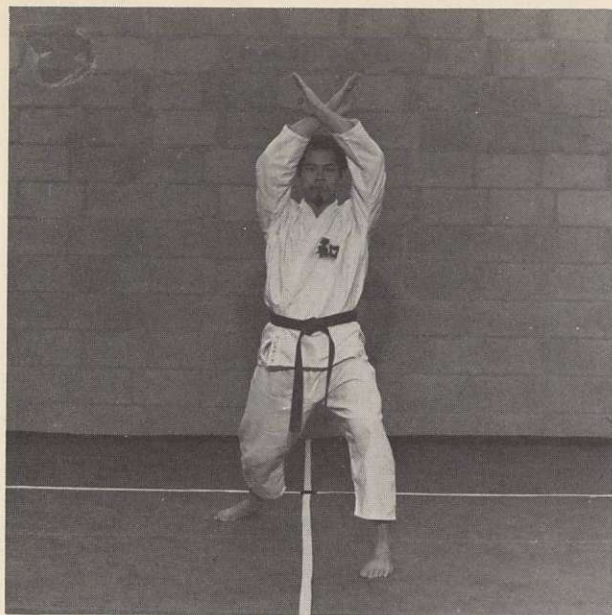


10 gedan jûji uke (1 sec)

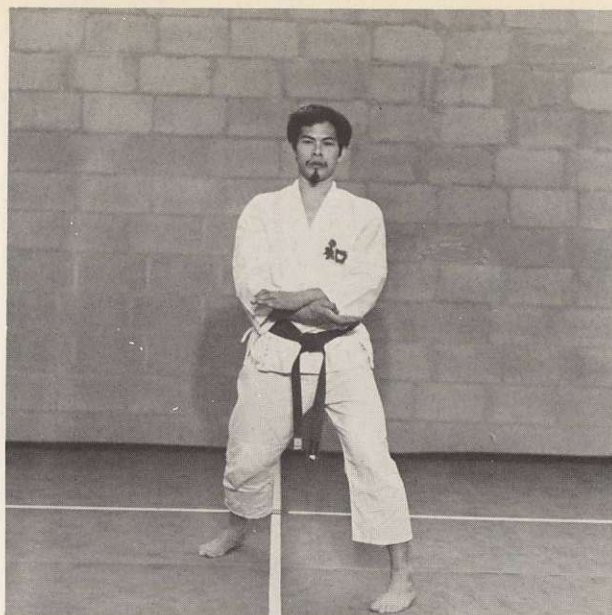


11a (O)





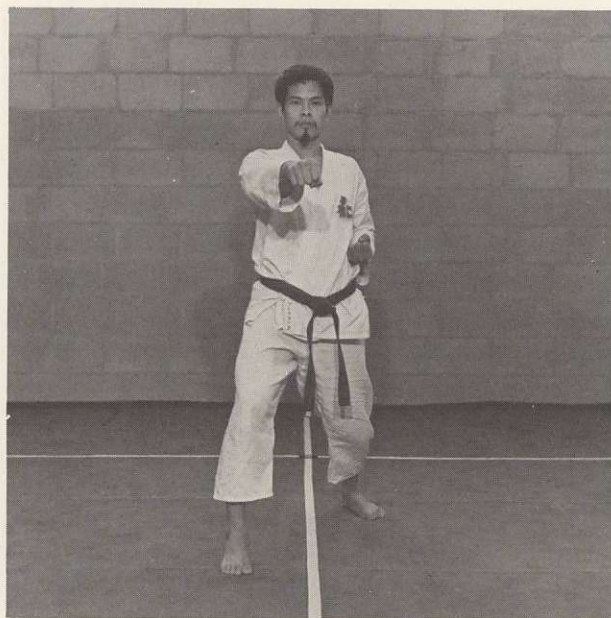
11b jôdan jûji uke (1 sec)



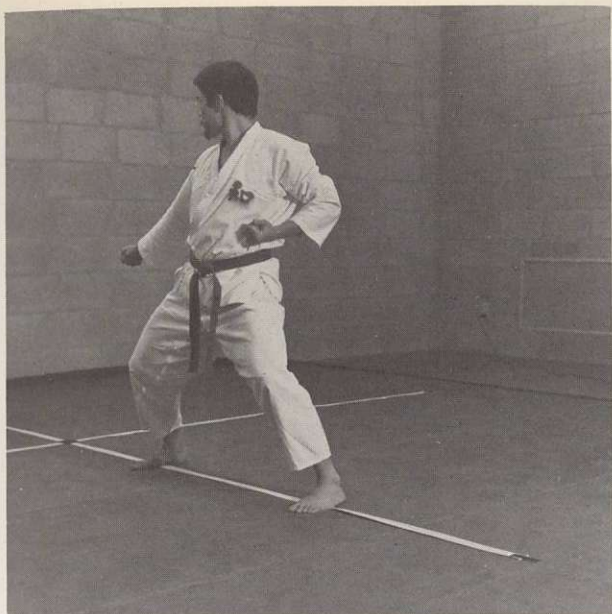
12 morote kaishô otoshi uke (1 sec)



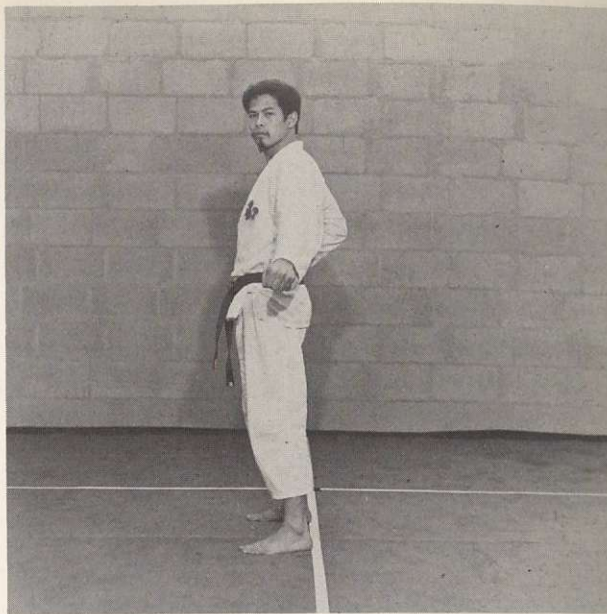
13 junzuki (1 sec)



14 junzuki (2 sec)



15 gedan barai (1 sec)



16 gedan barai (1 sec)

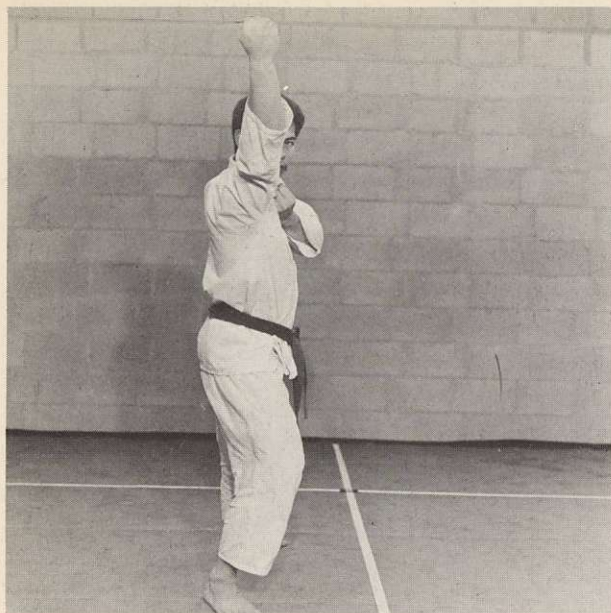


17 enpi (1 sec)



18 morote uke





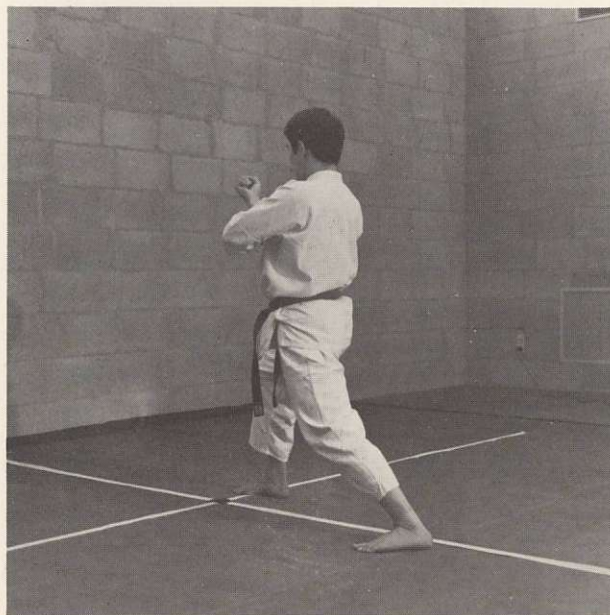
19 ganmen age zuki (1 sec)



20a tobikomi



20b gedan jûji uke (1 sec)



21 morote uke (2 sec)



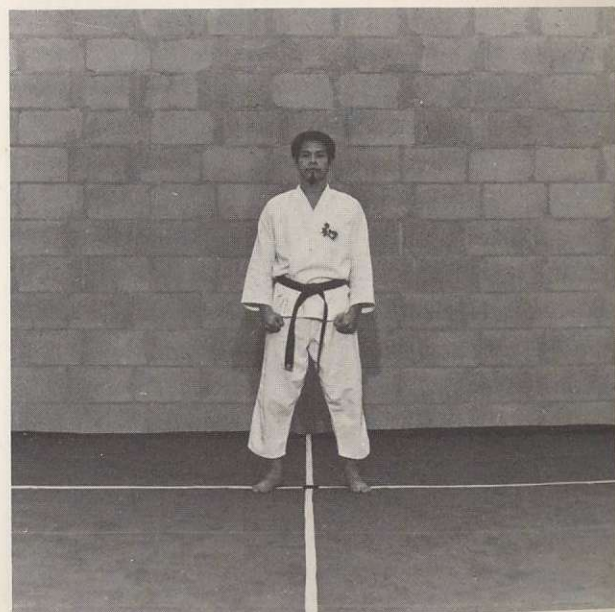
22 gedan barai+nagashi uke (L)



23a (L)



23b gedan barai+nagashi uke



24 yame

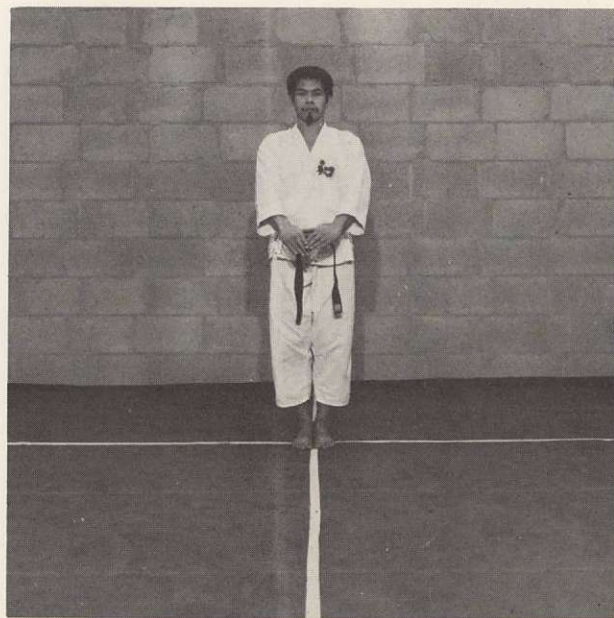


**Wadôkai**

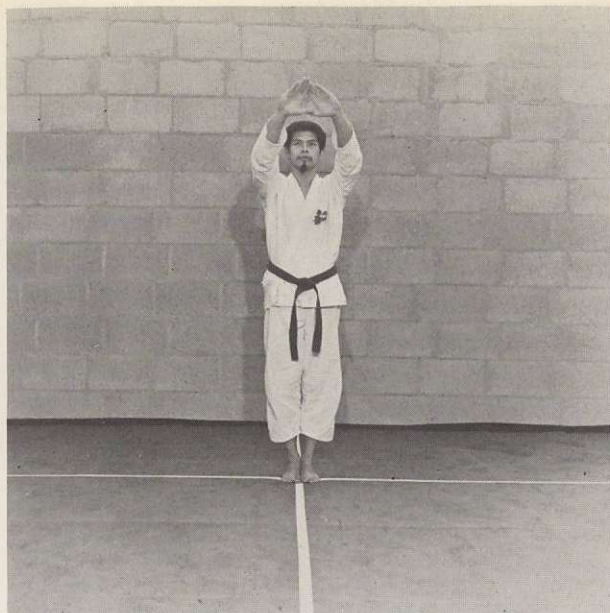
**Naifuanshi**



1 musubi dachi



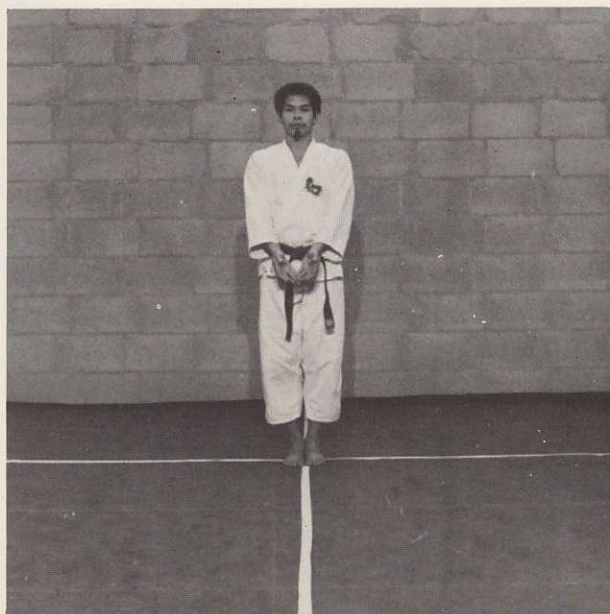
2 yôï



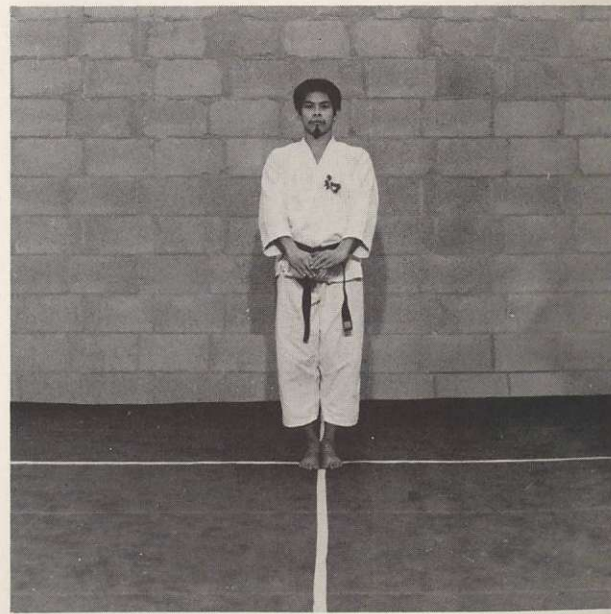
3a kankû (O+L)



3b

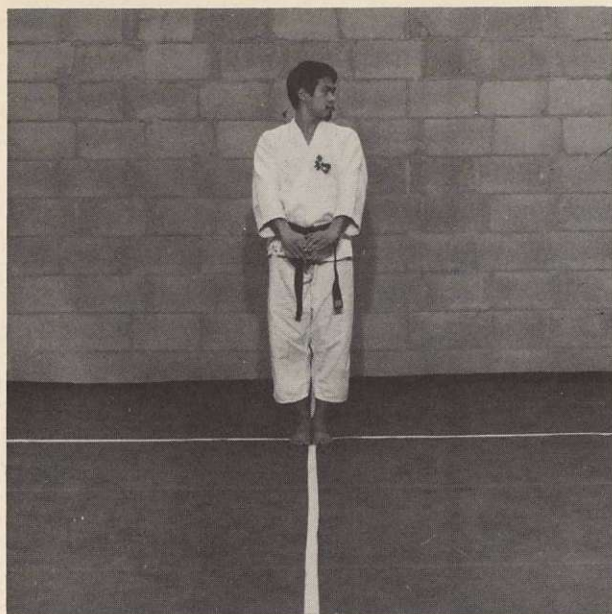


3c (L)

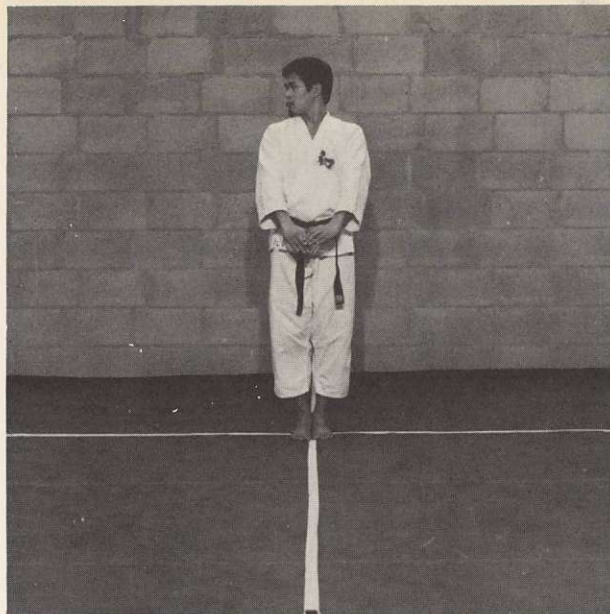


3d





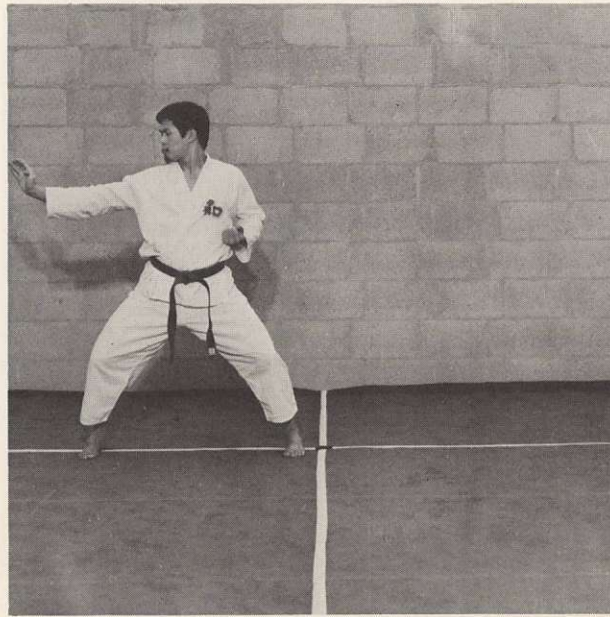
4 kamae (1 sec+L)



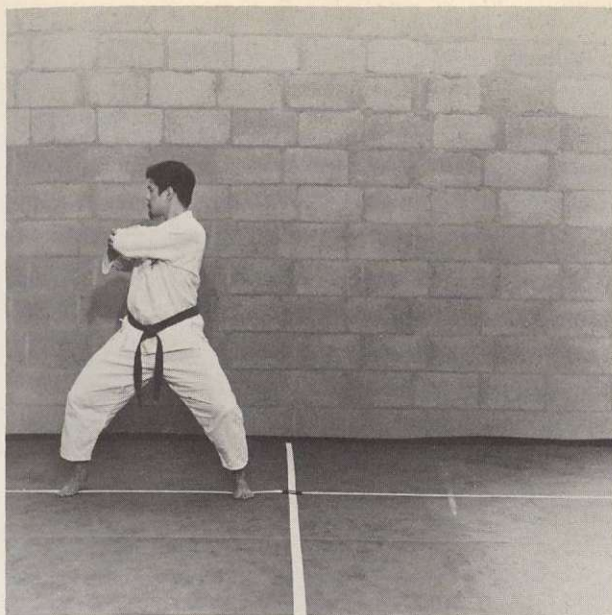
5 kamae (2 sec+L)



6a



6b tate shutô uke



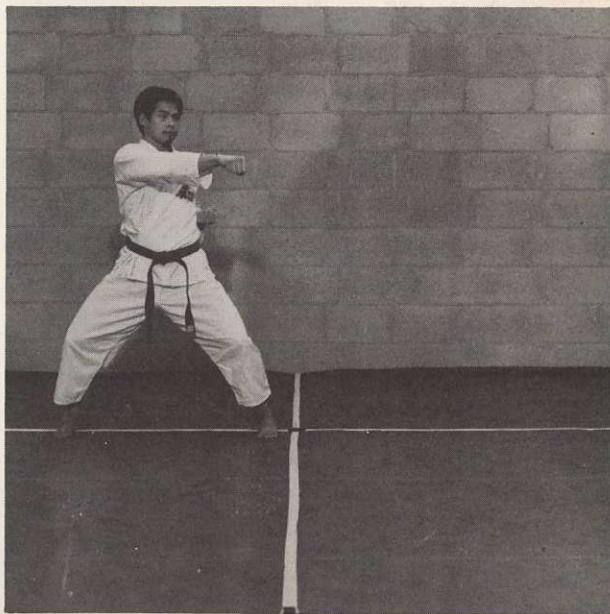
7 enpi



8 kamae



9 gedan barai

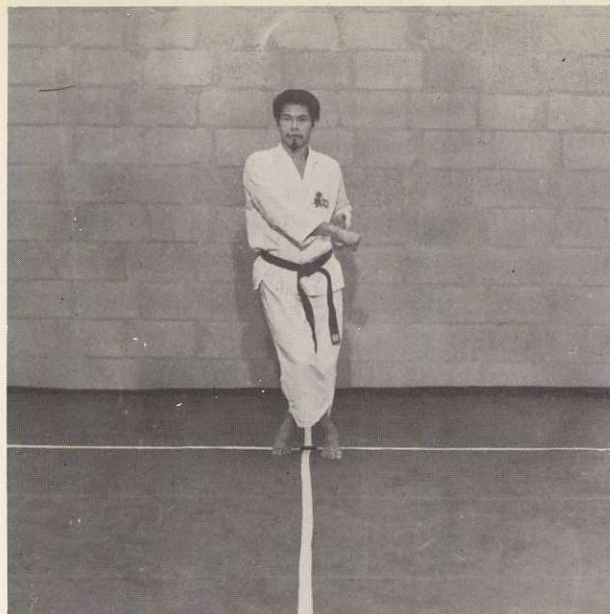


10 choku zuki





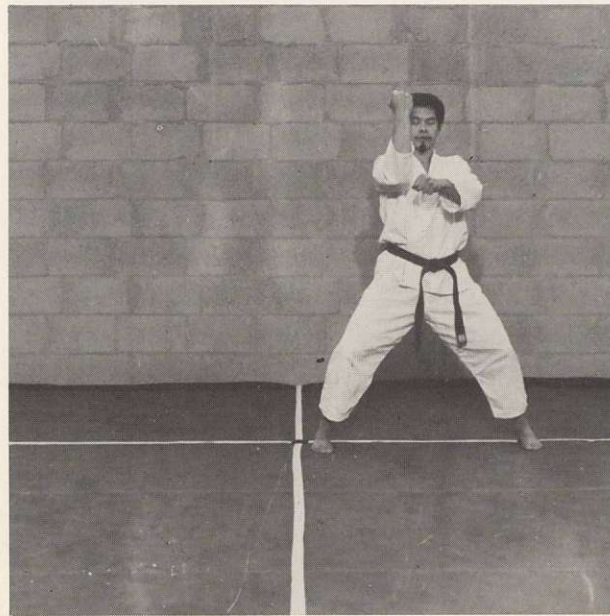
11 kamae (1 sec)



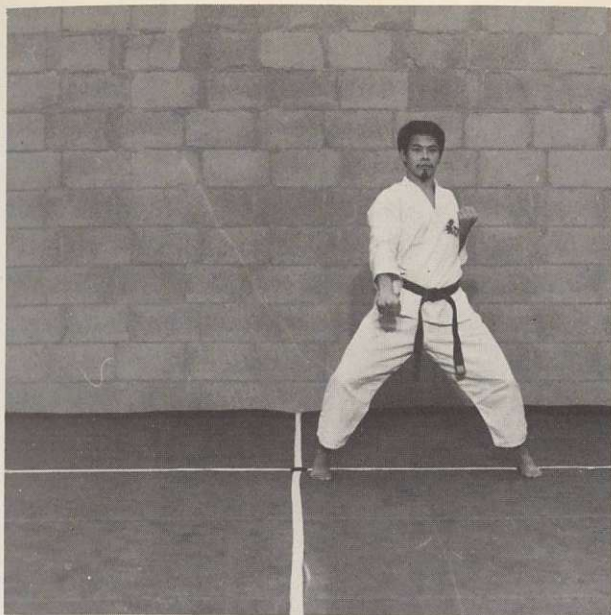
12a



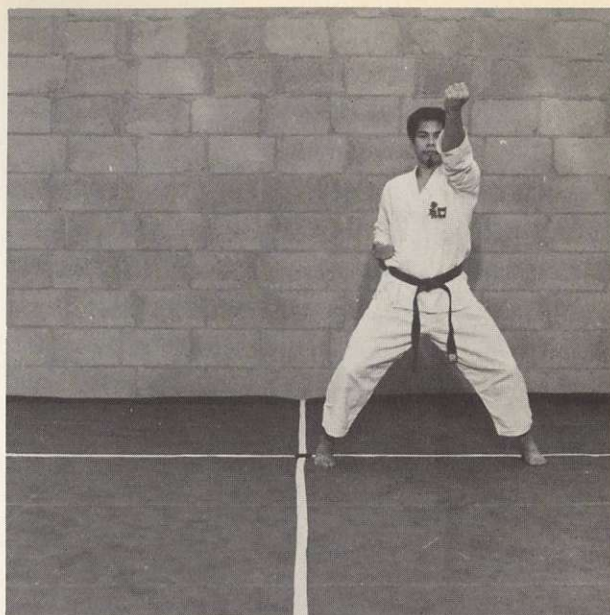
12b soto uke



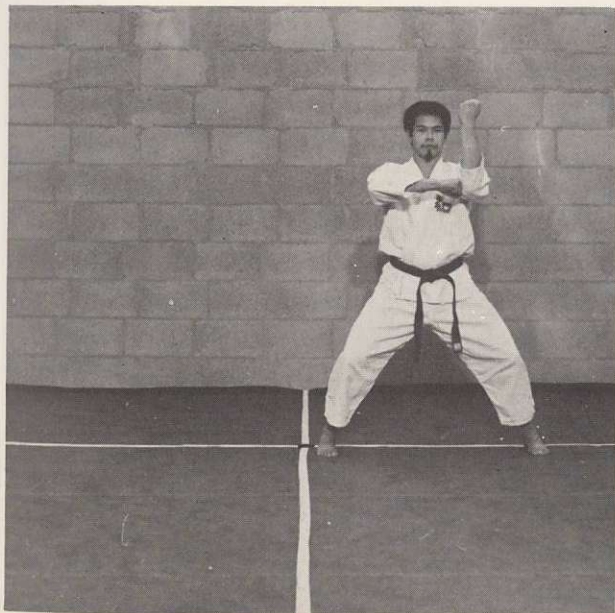
13 kensei zuki



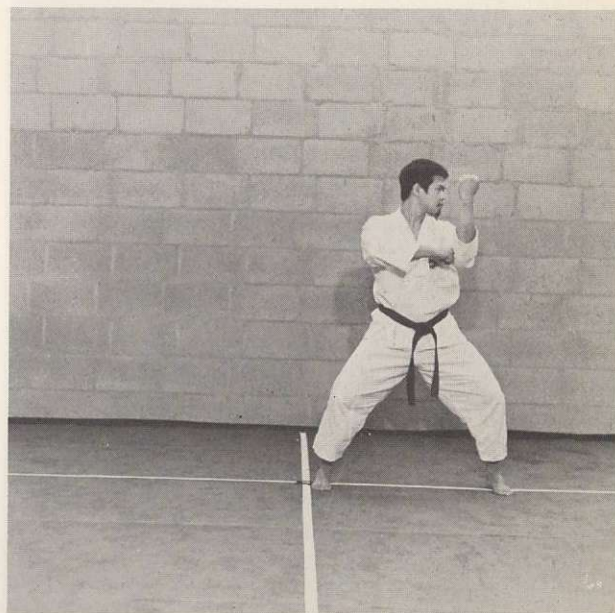
14 gedan barai



15 ganmen age zuki

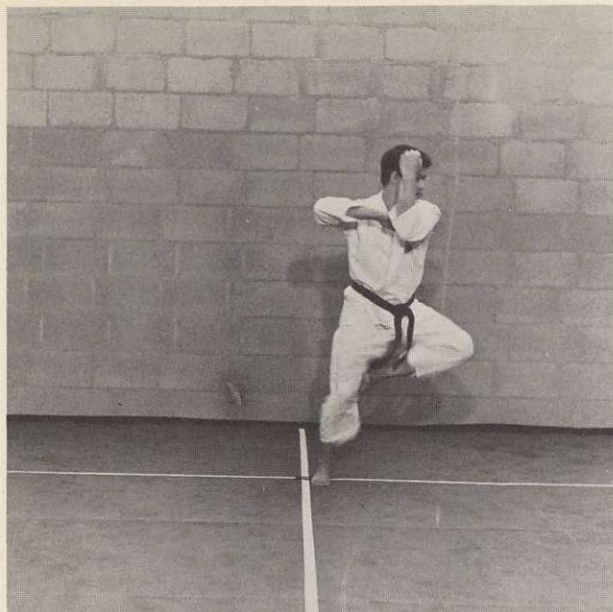


16 morote uke (2 sec)

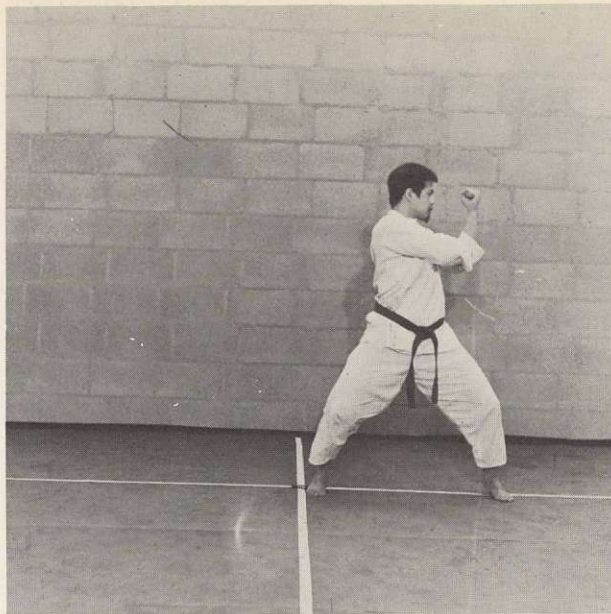


17 kamae

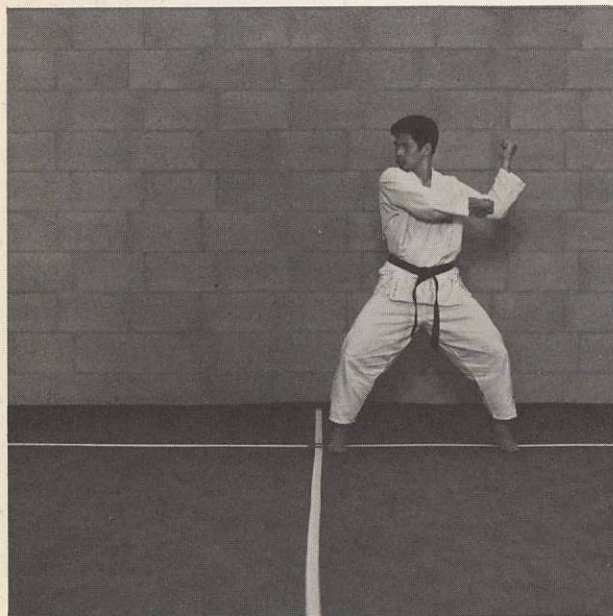




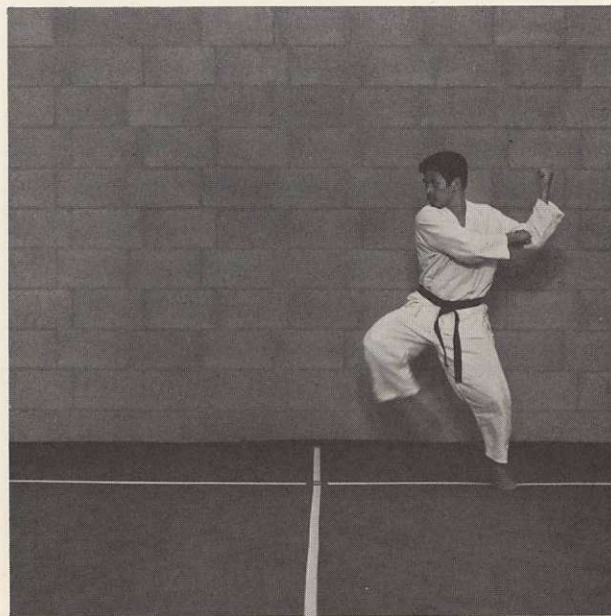
18 nami gaeshi



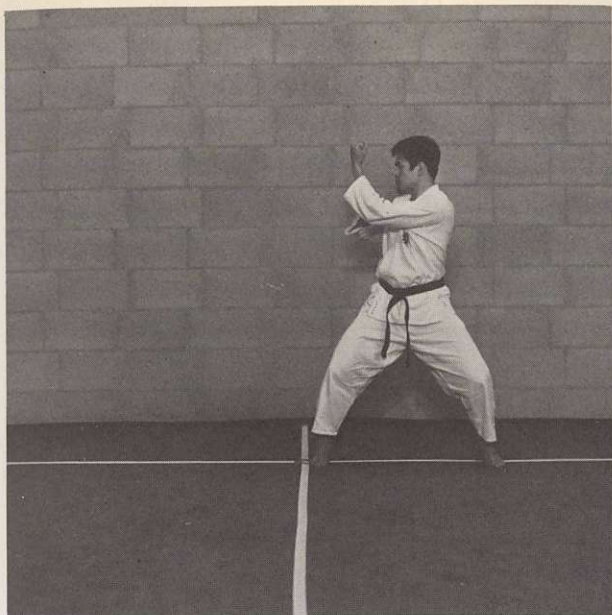
19 morote uke



20 kamae



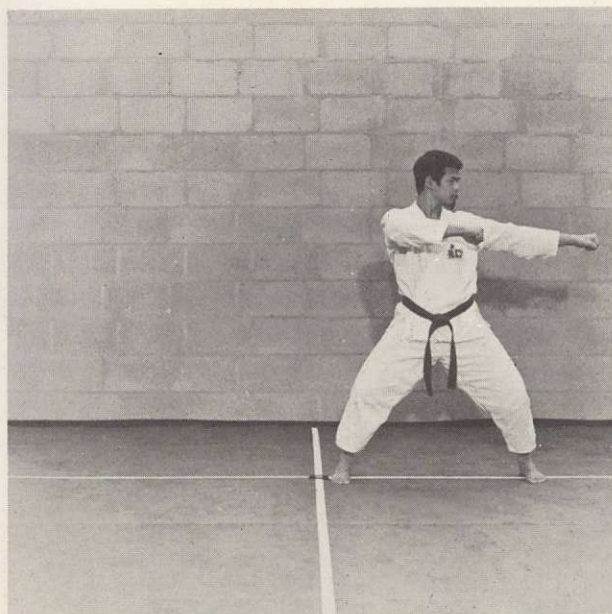
21 nami gaeshi



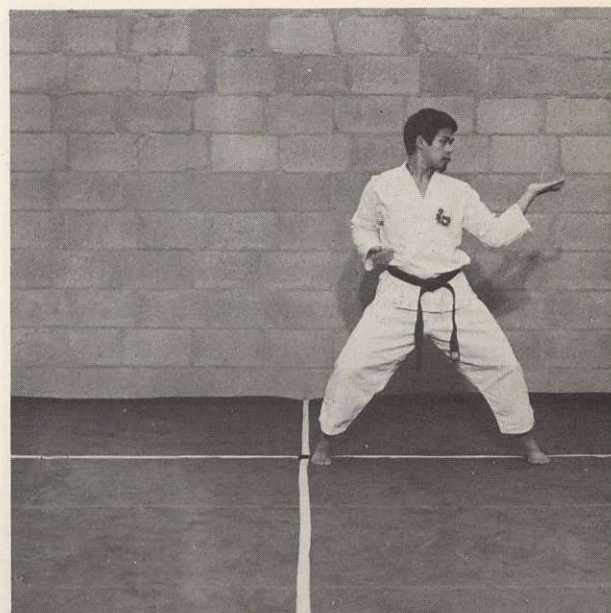
22 kamae (1 sec)



23 kamae (O+L)

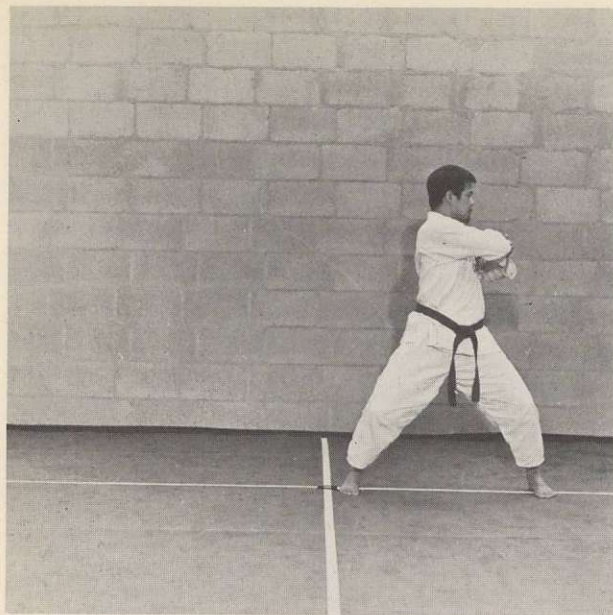


24 tetsui



25 hikite (L)

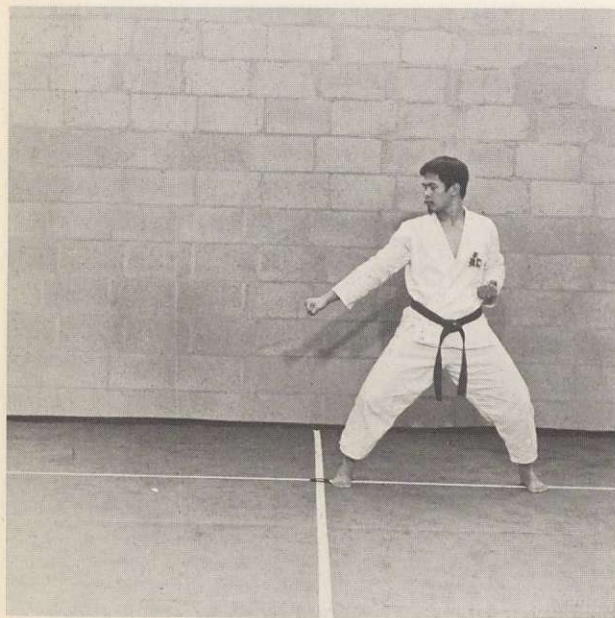




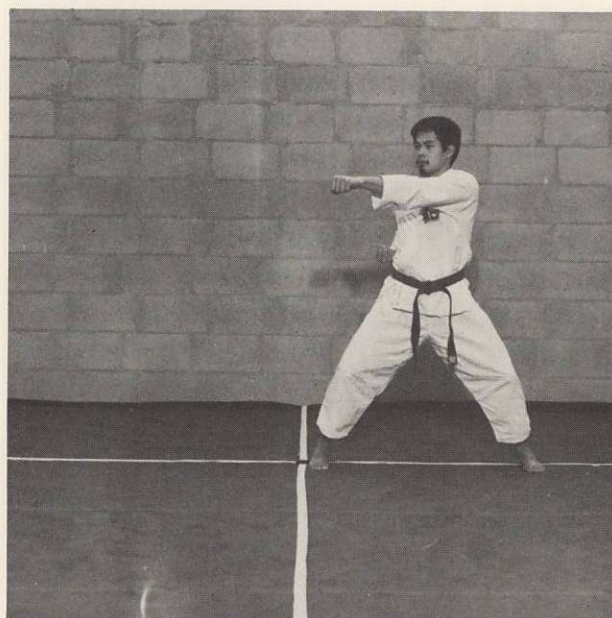
26 enpi



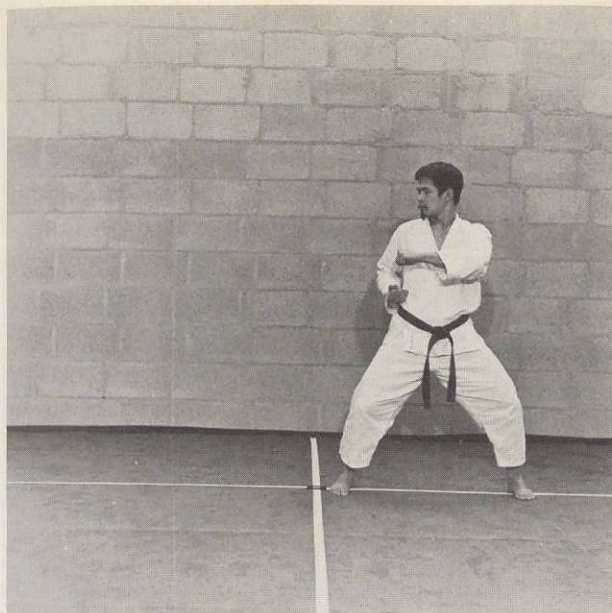
27 kamae (1 sec)



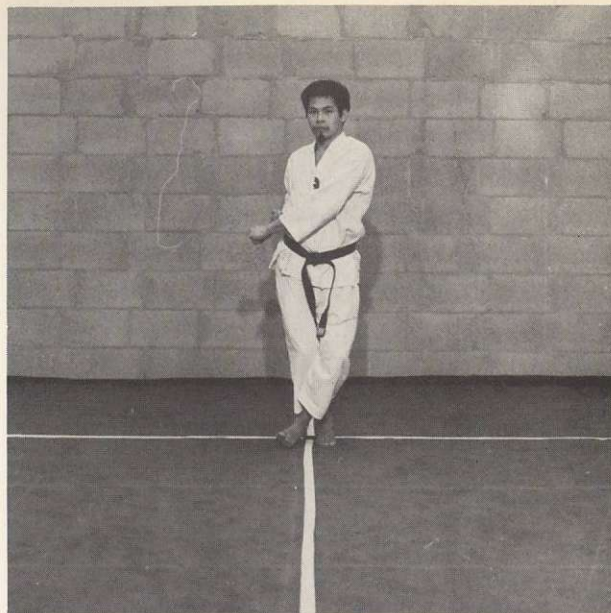
28 gedan barai



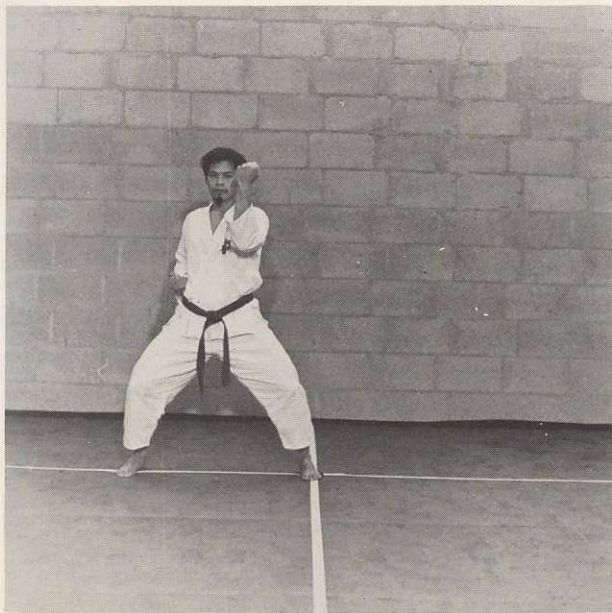
29 choku zuki



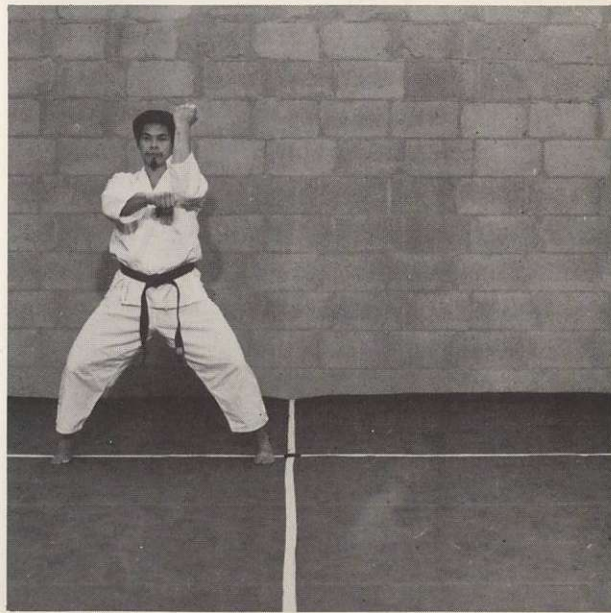
30 kamae (1 sec)



31a

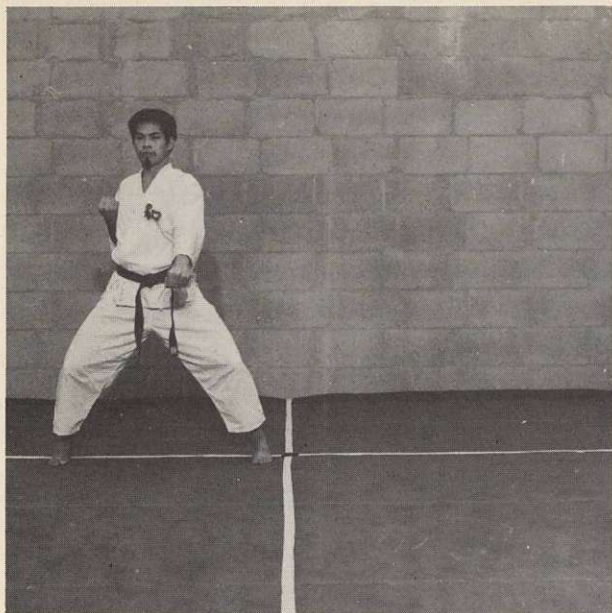


31b soto uke

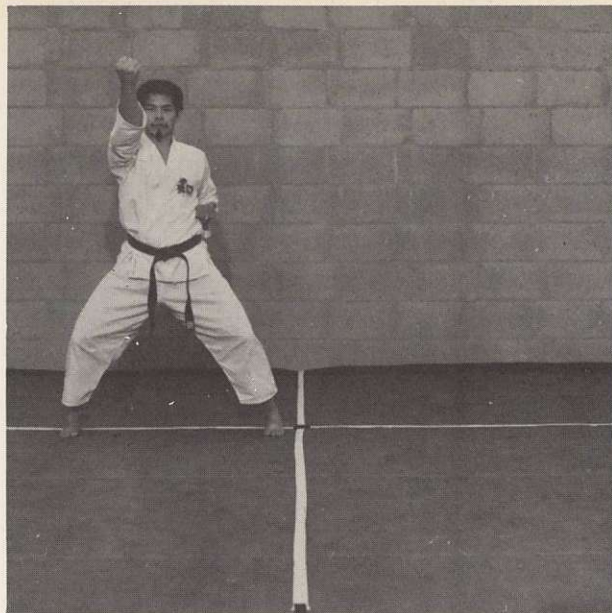


32 kensei zuki

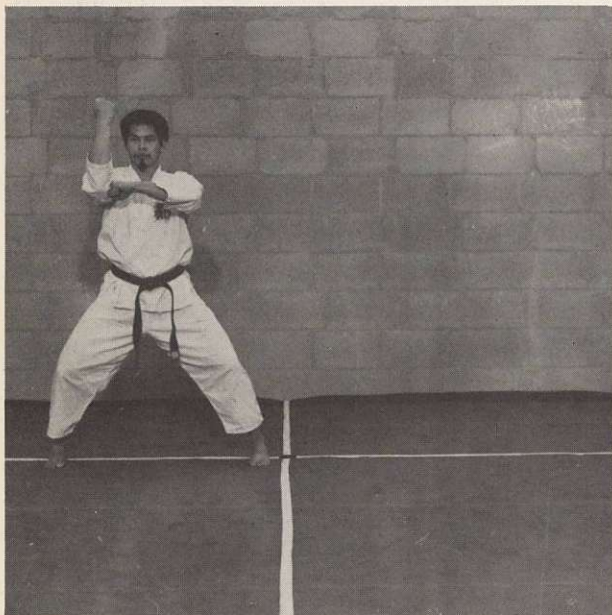




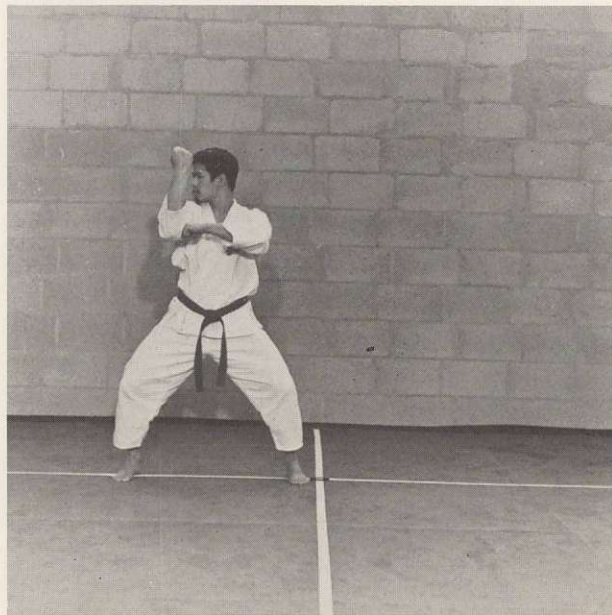
33 gedan barai



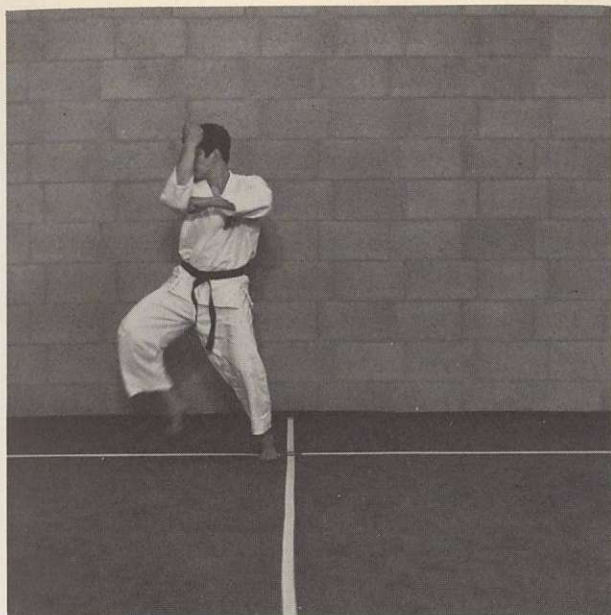
34 ganmen age zuki



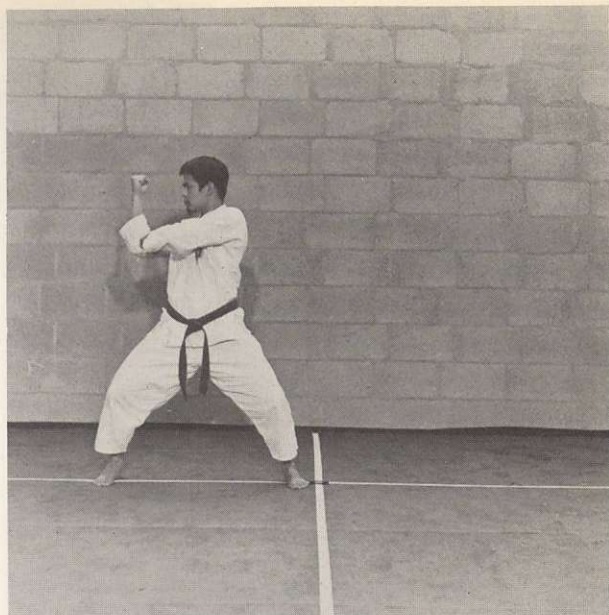
35 morote uke (2 sec)



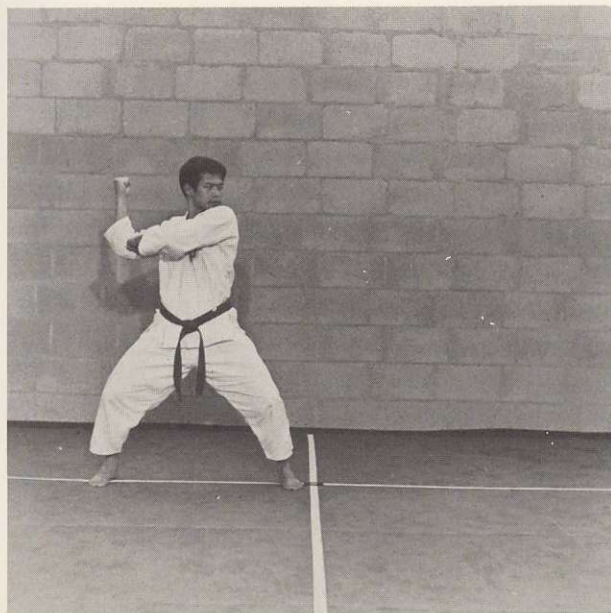
36 kamae



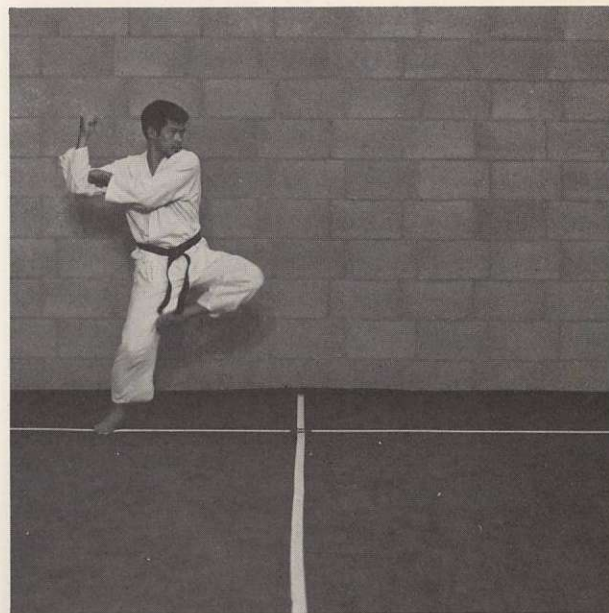
37 nami gaeshi



38 morote uke (2 sec)

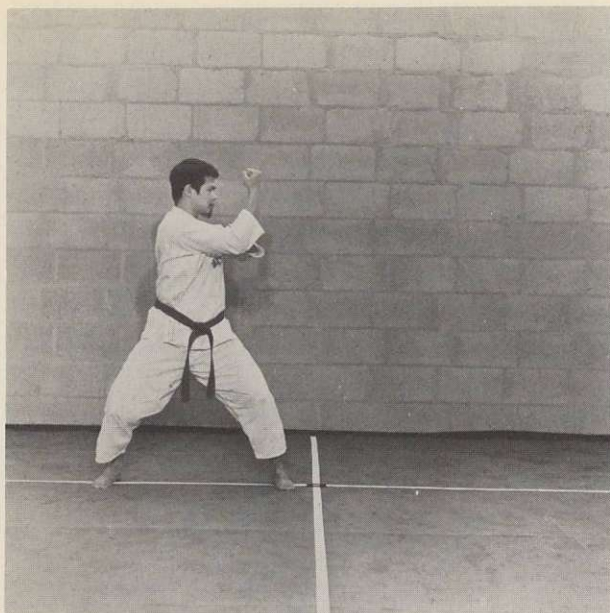


39 kamae



40 nami gaeshi





41 kamae (1 sec)



42 kamae (O+L)



43 tetsui (2 sec)



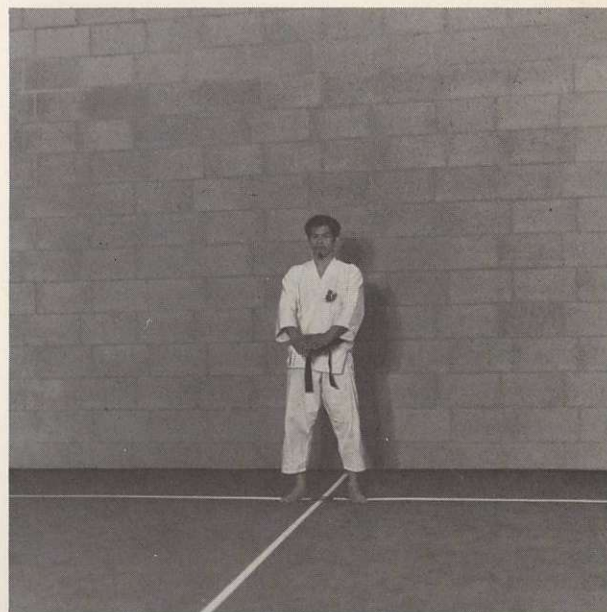
44 yame

**Wadôkai**

**Kushanku**

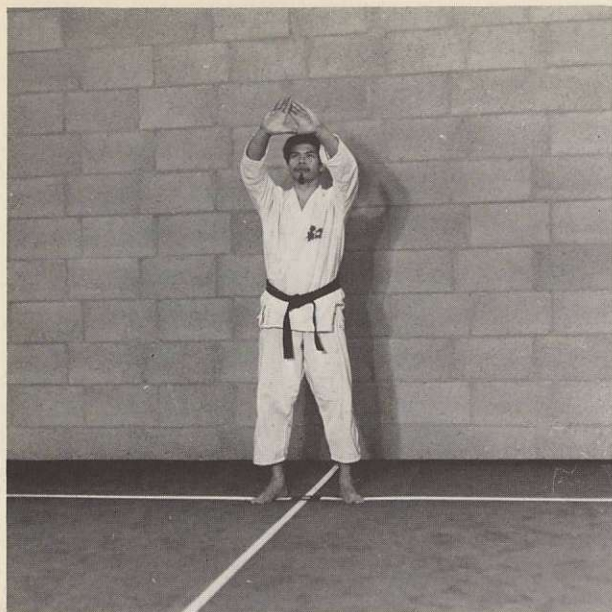


1 musubi dachi



2 yôï

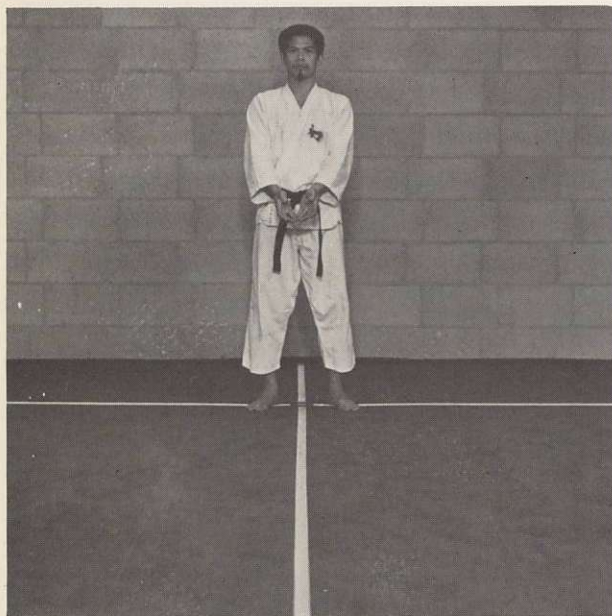




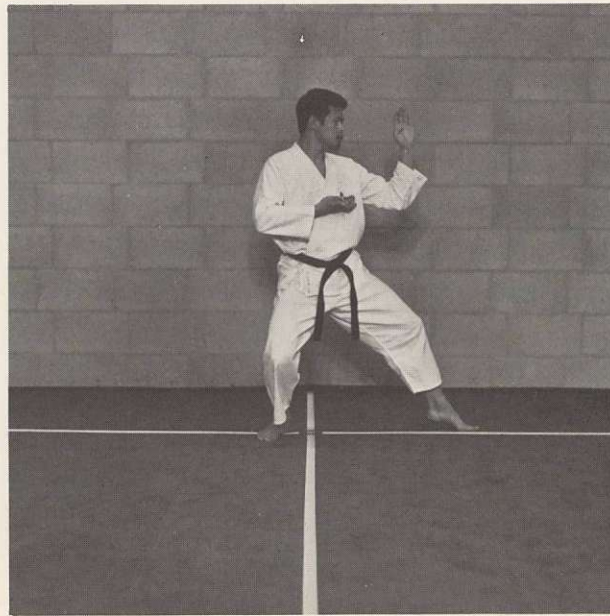
3 kankû (O+L)



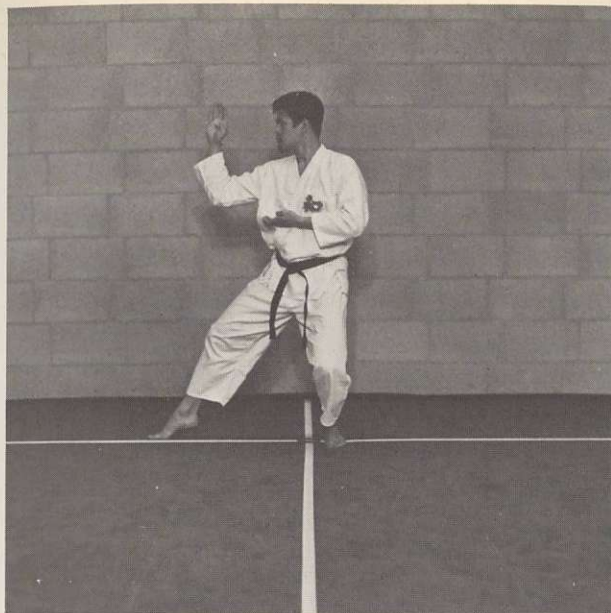
4a (L)



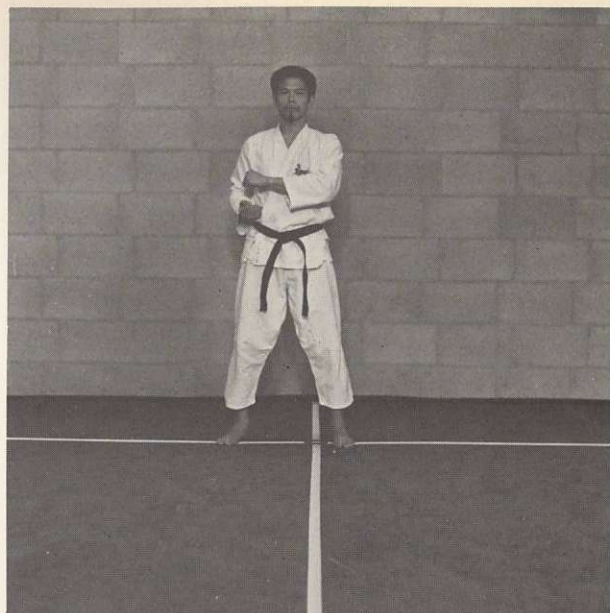
4b kamae (L)



5 haishu uke (1 sec)



6 haishu uke (1 sec)



7 kamae (O+L)

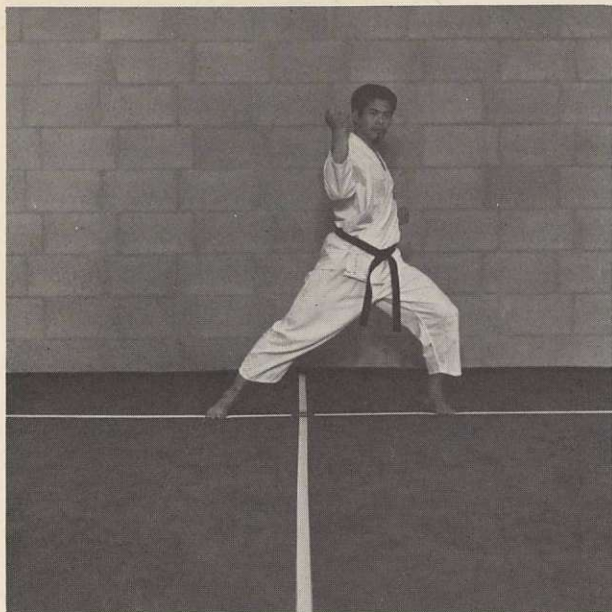


8 gedan barai

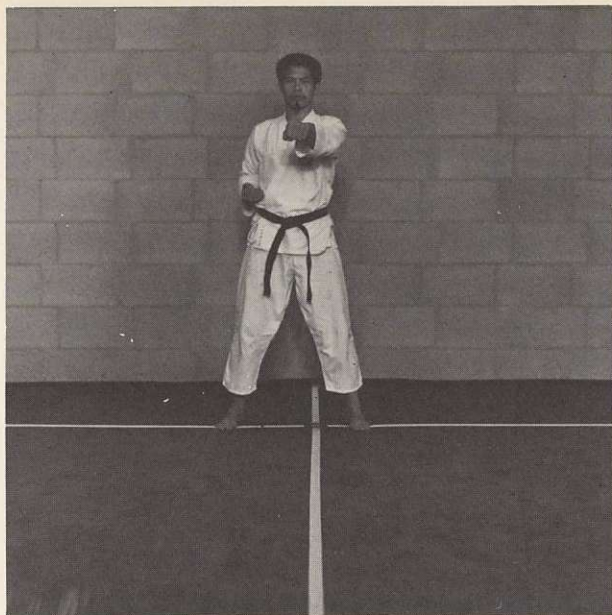


9 choku zuki (1 sec)

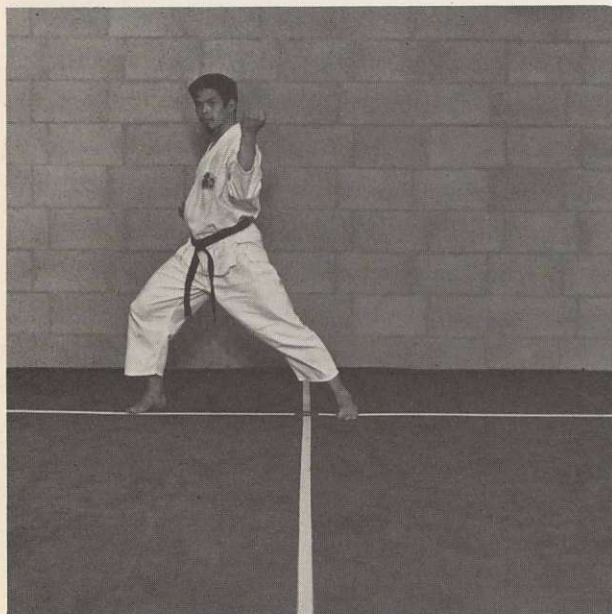




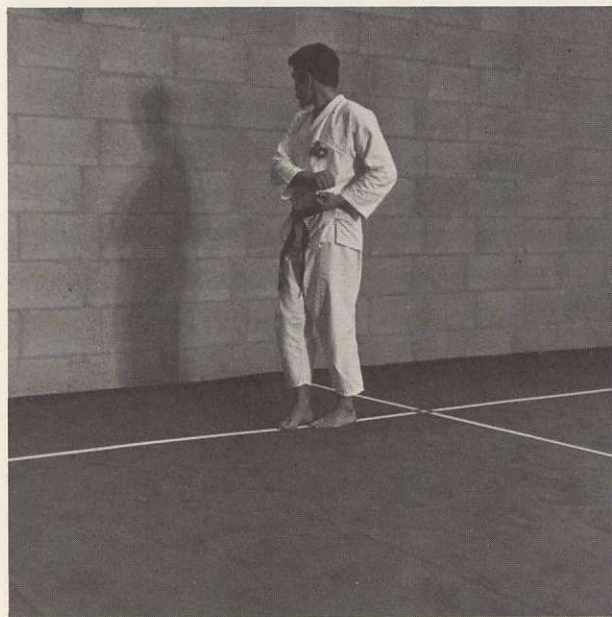
10 soto uke (1 sec)



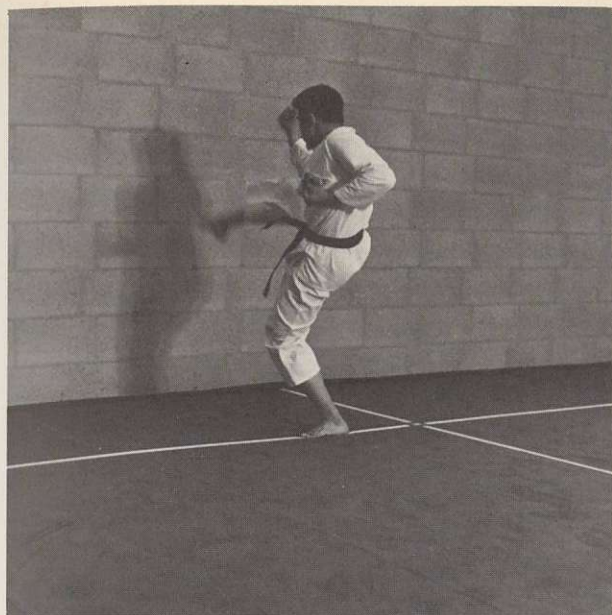
11 choku zuki (1 sec)



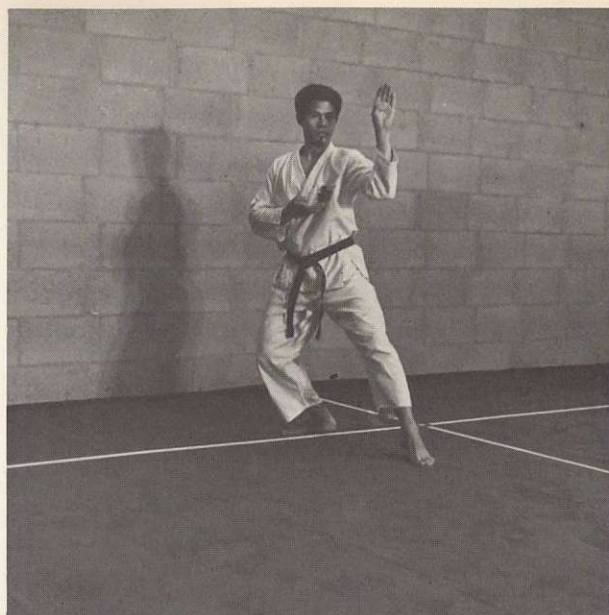
12 soto uke (1 sec)



13a (O)



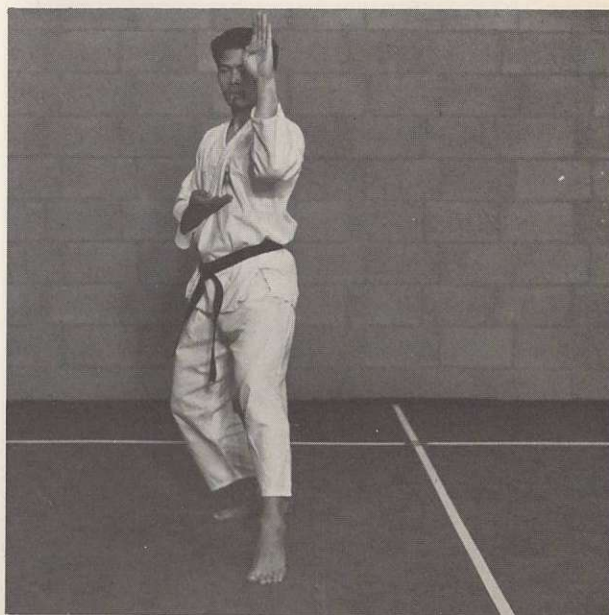
13b ganmen soto uke+yoko geri



14 shutô uke (1 sec)



15 shutô uke (1 sec)

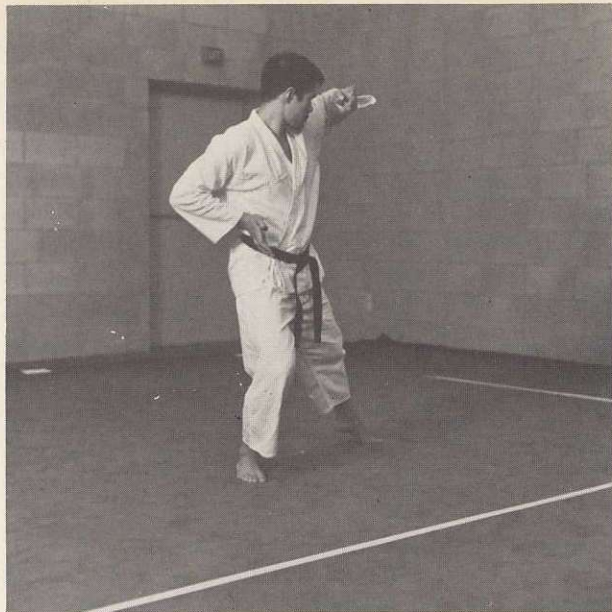


16 shutô uke (1 sec)

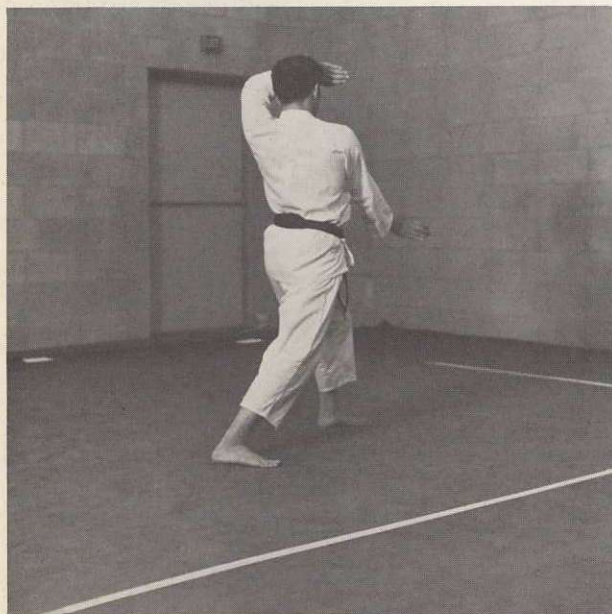




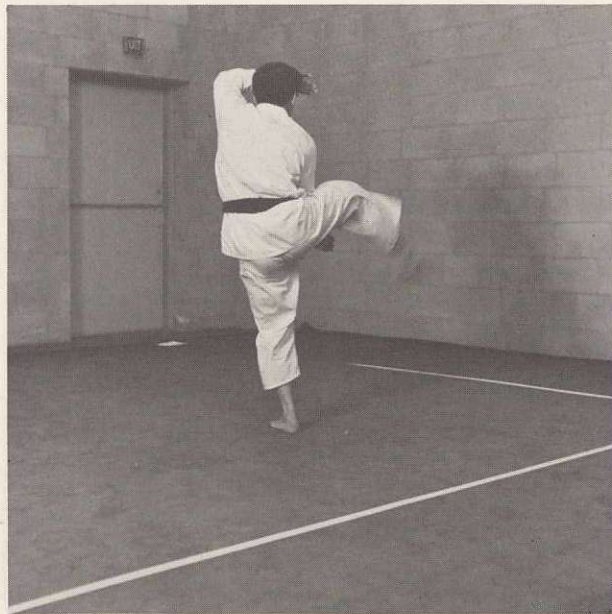
17 nukite (2 sec)



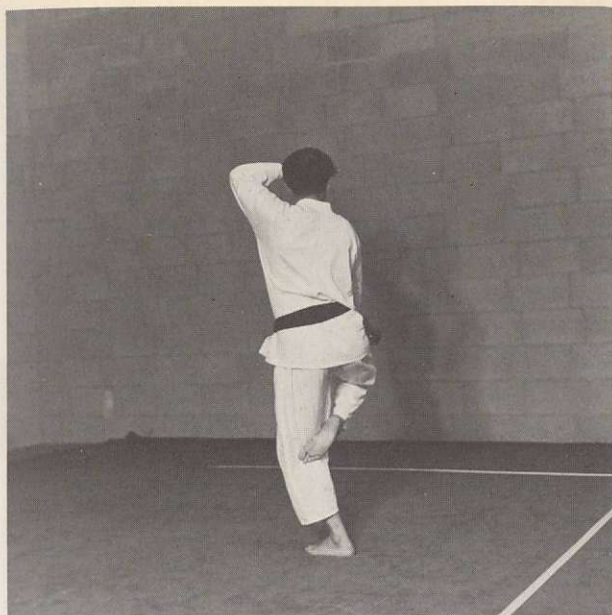
18a (O)



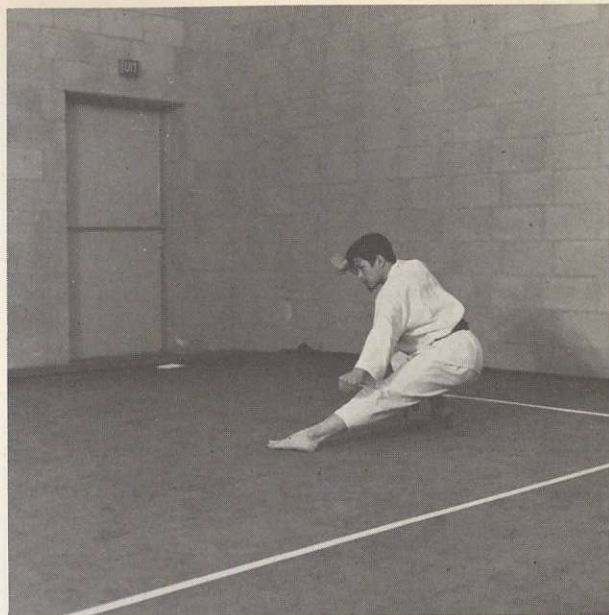
18b teisho osae uke



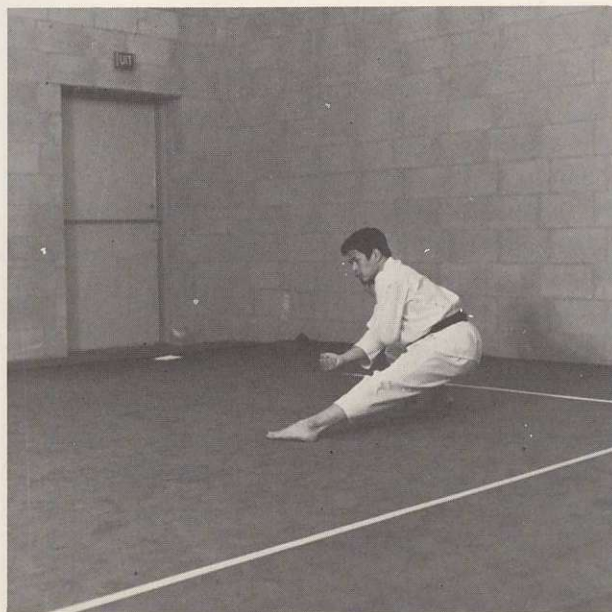
19a yoko geri



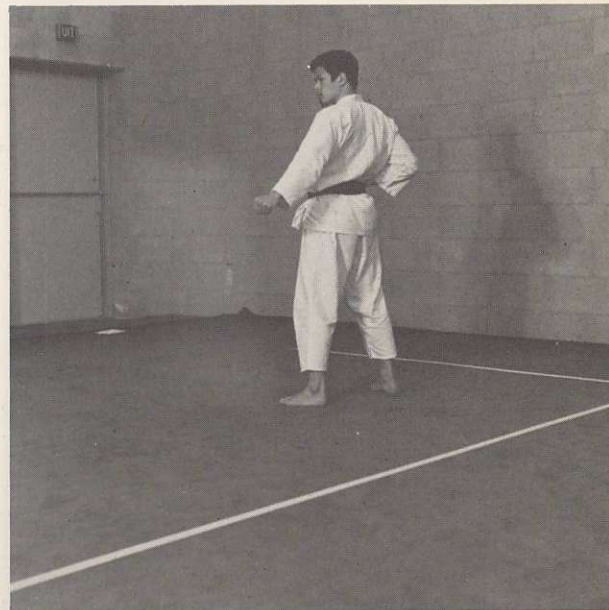
19b



20 gedan barai (1 sec)

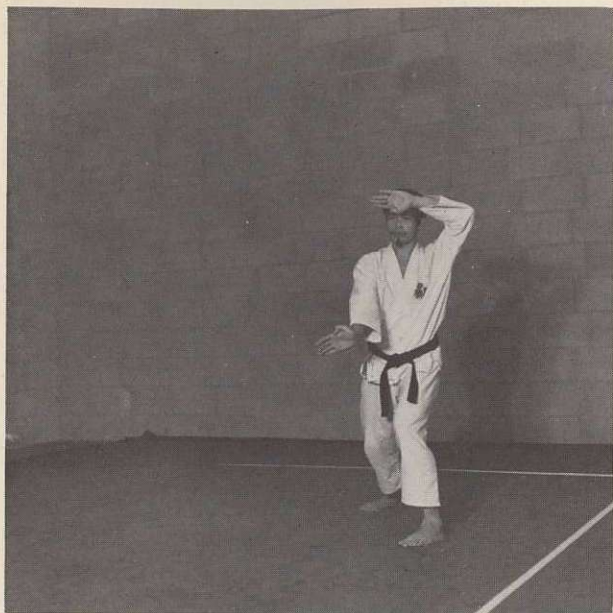


21 tettsui

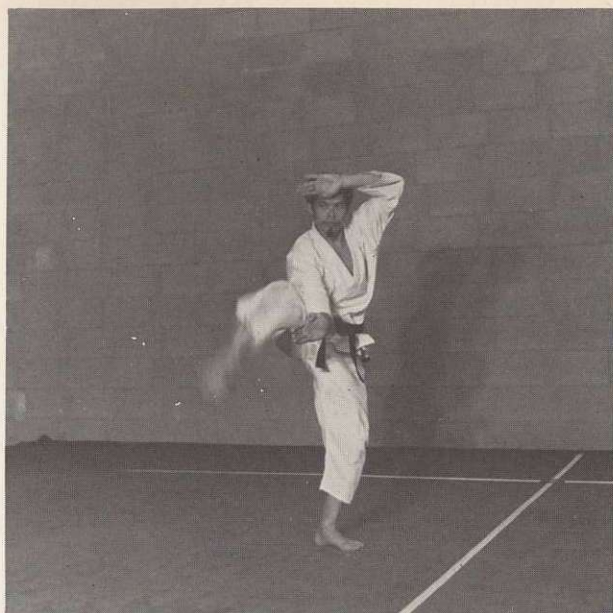


22 gedan barai (1 sec)

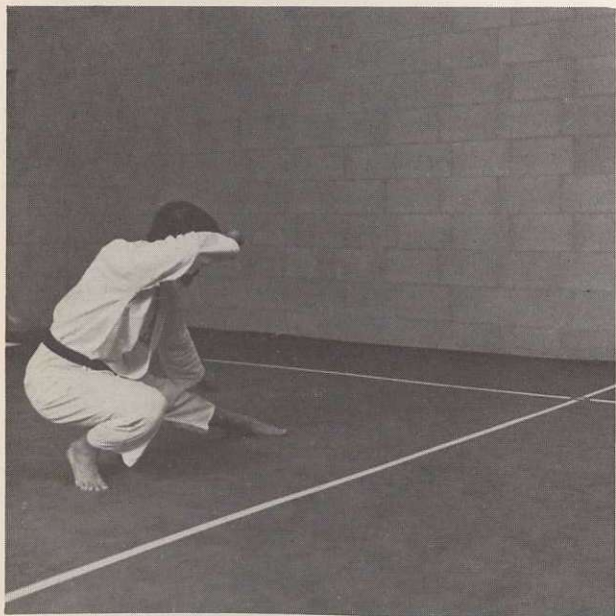




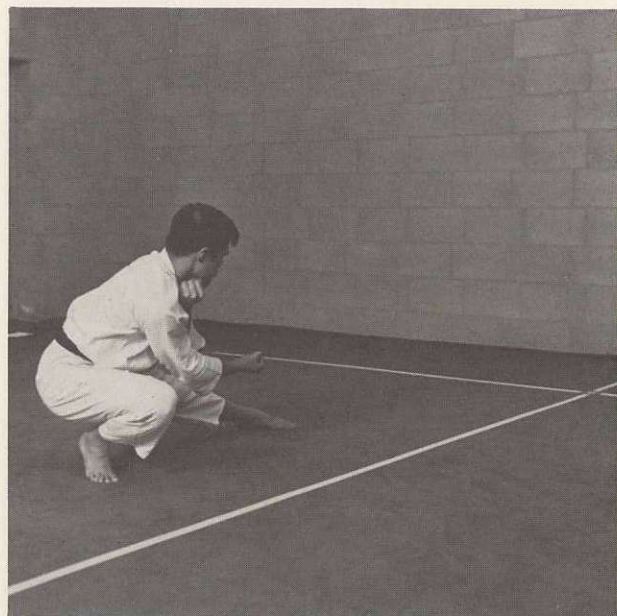
23 teisho osae uke



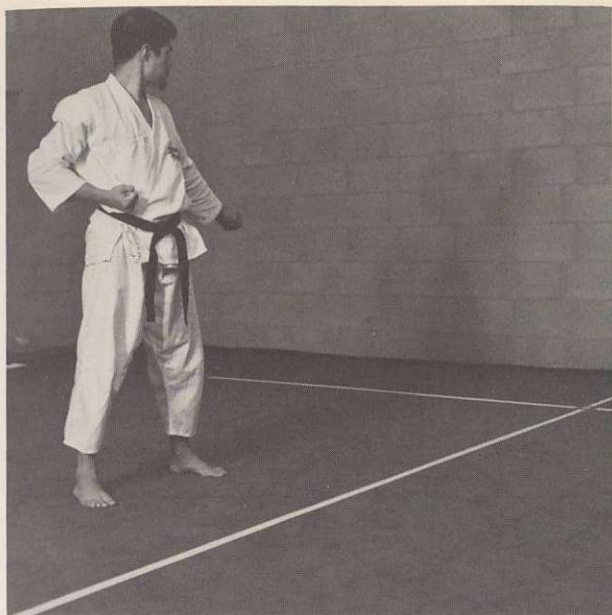
24 yoko geri



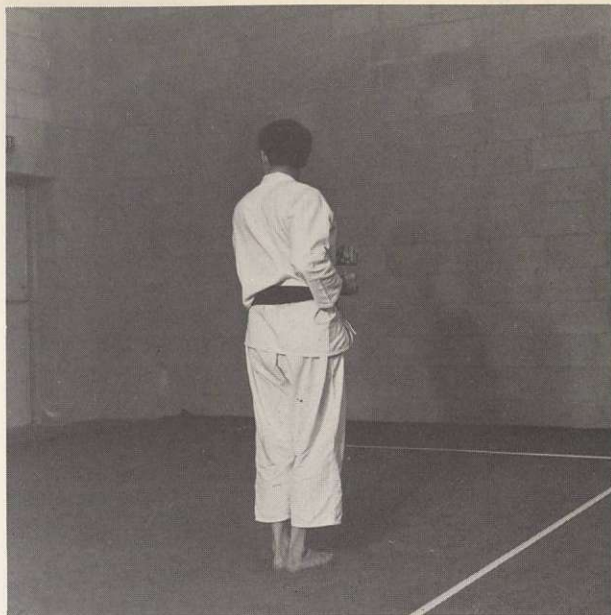
25 gedan barai (1 sec)



26 tetsui



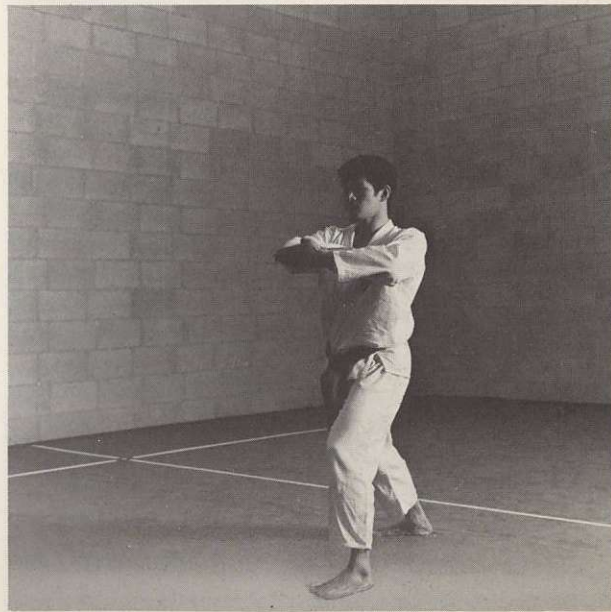
27 gedan barai (1 sec)



28 kamae (O+L)

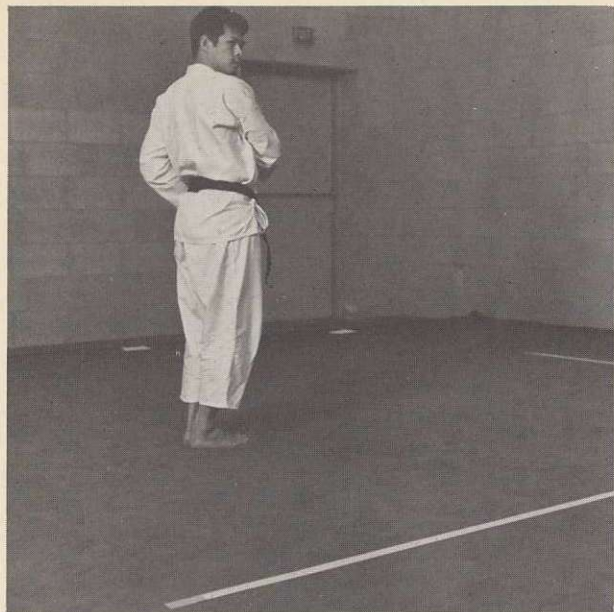


29 gedan barai+yoko geri

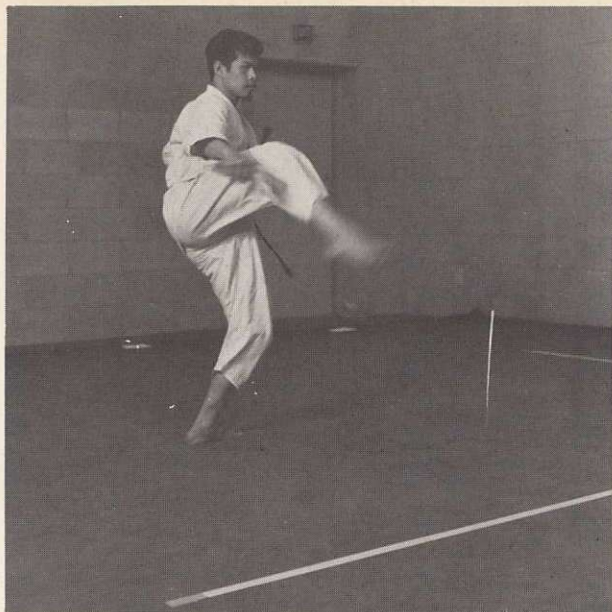


30 enpi

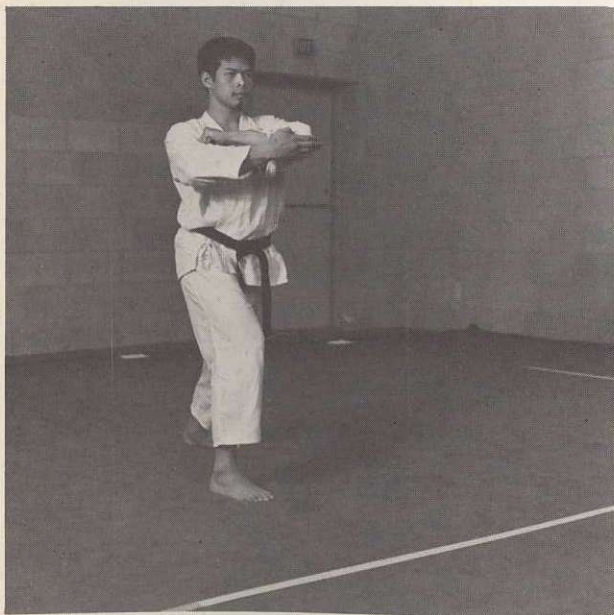




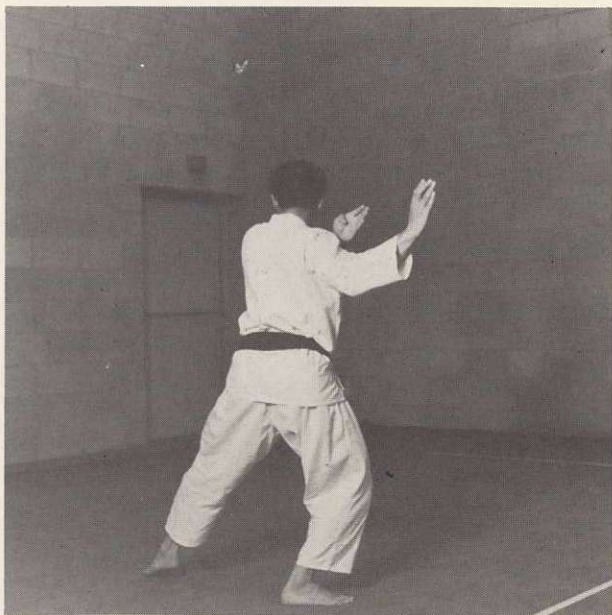
31 kamae (O+L)



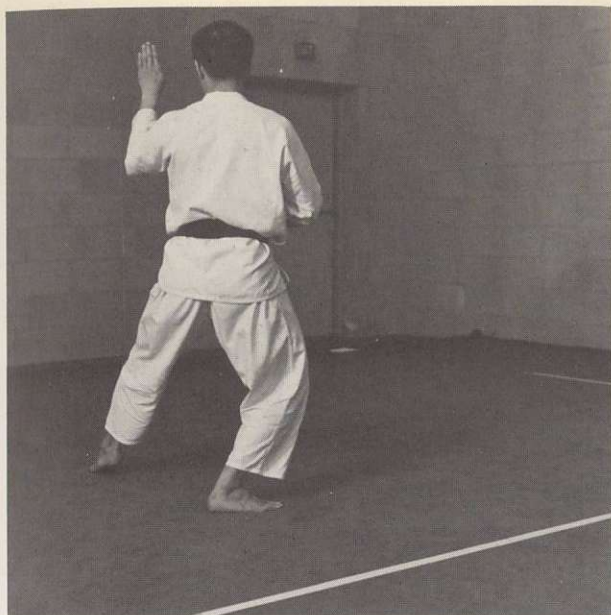
32 gedan barai+yoko geri



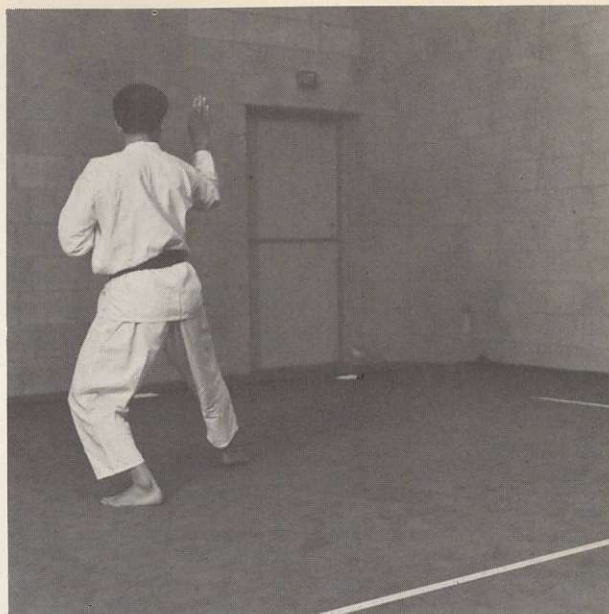
33 enpi (2 sec)



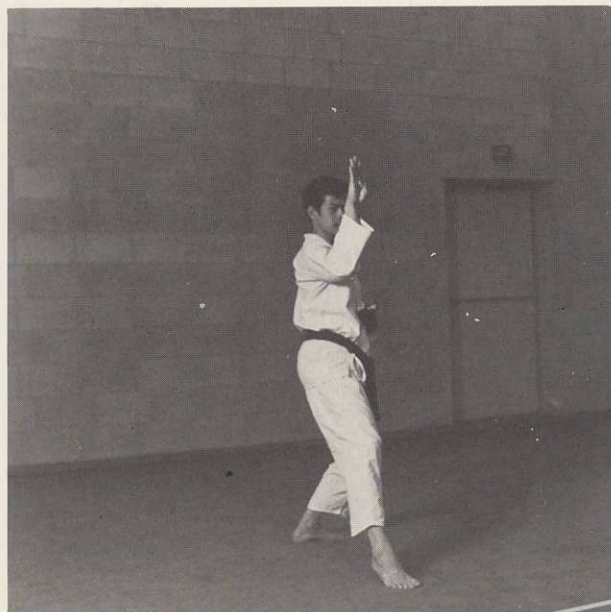
34a (O)



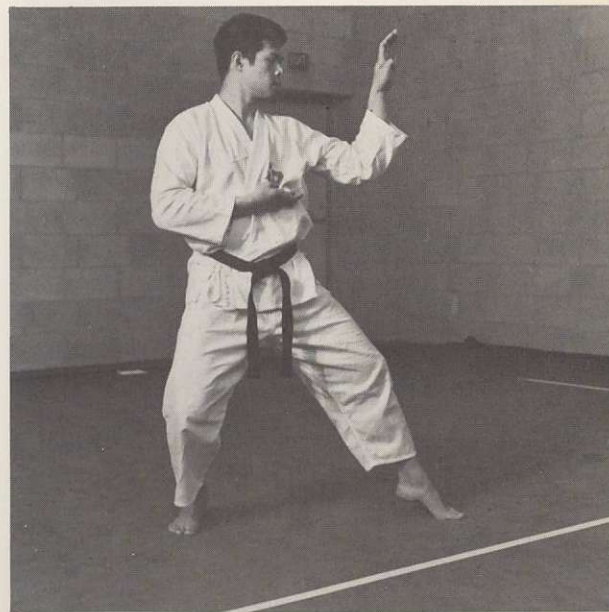
34b shutô uke (1 sec)



35 shutô uke (2 sec)

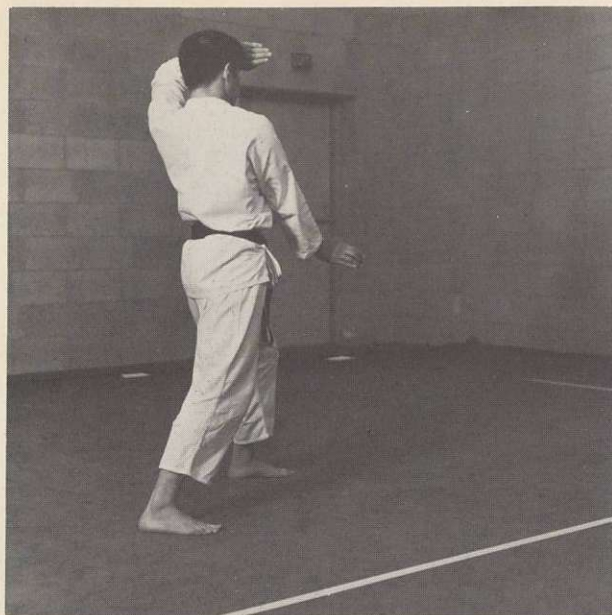


36 shutô uke (1 sec)

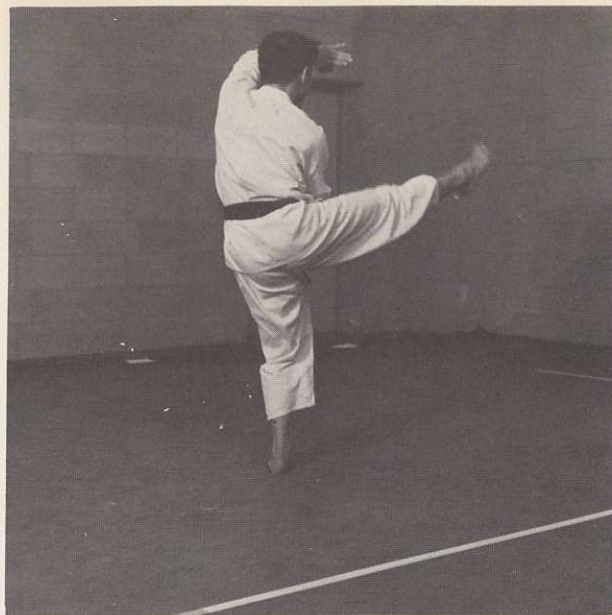


37 shutô uke (2 sec)

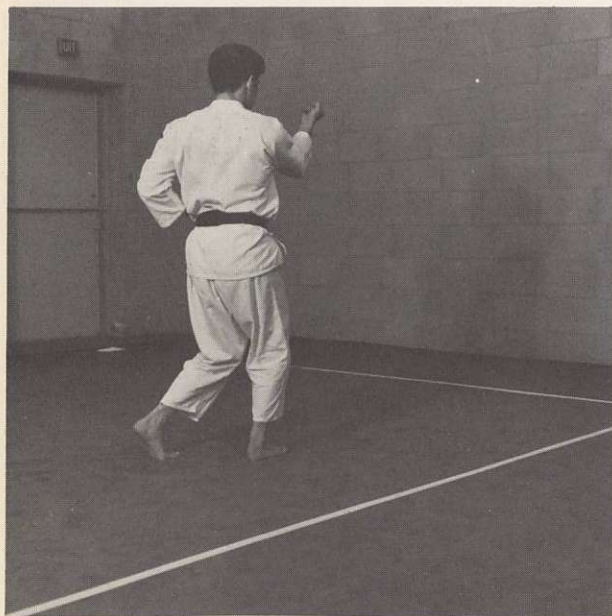




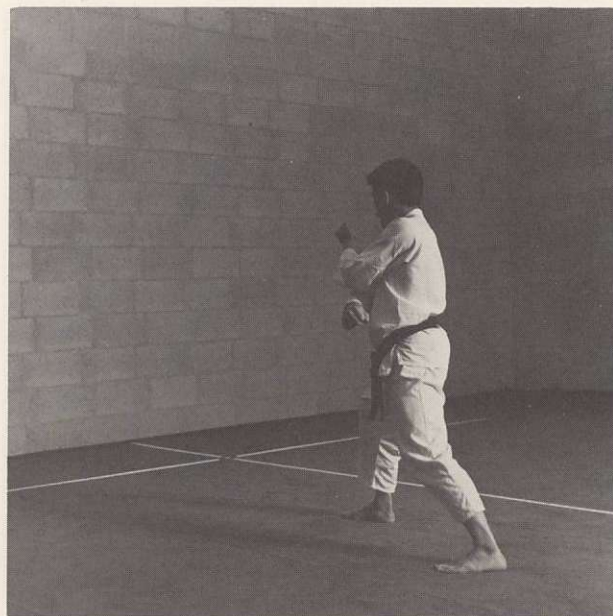
38 teisho osae uke



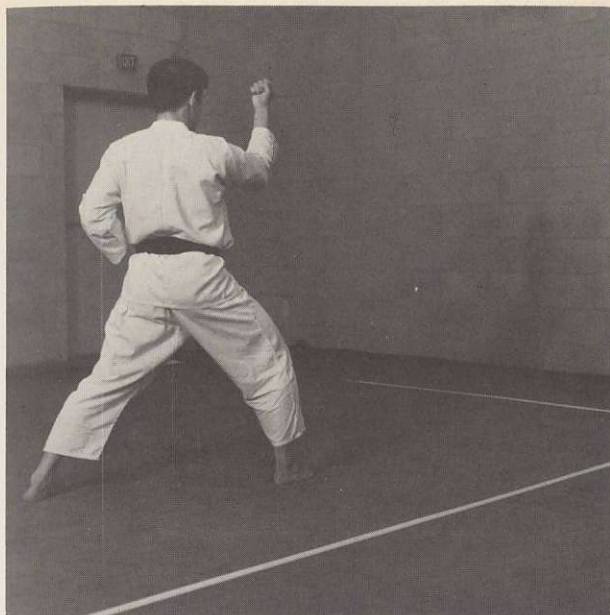
39 mae geri



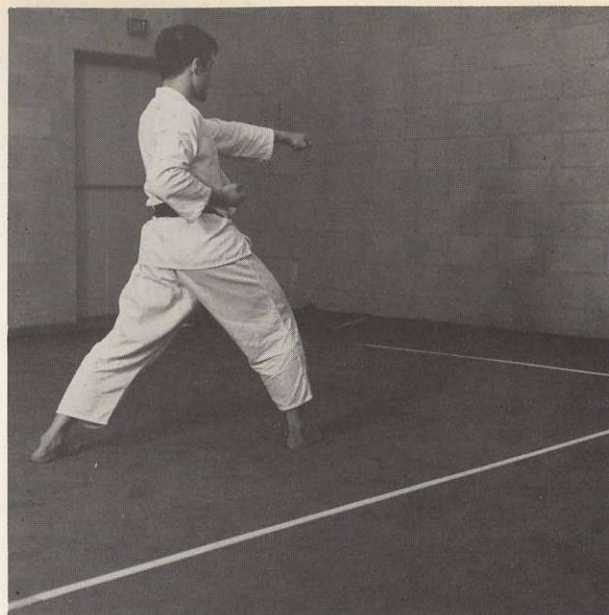
40 tate uraken (2 sec)



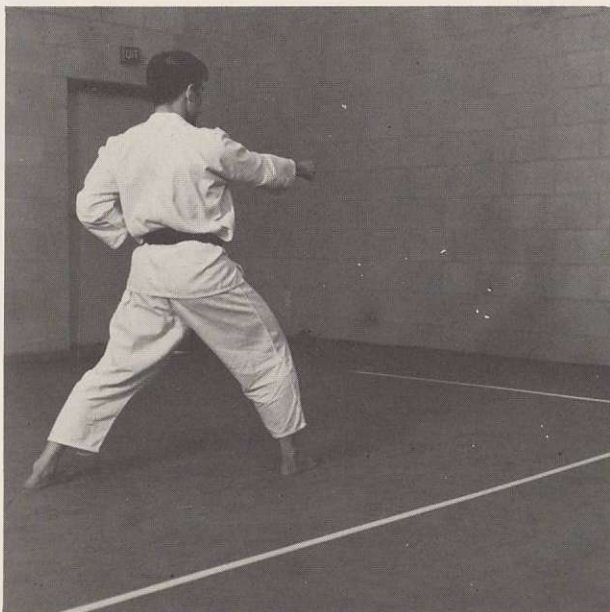
41a (0)



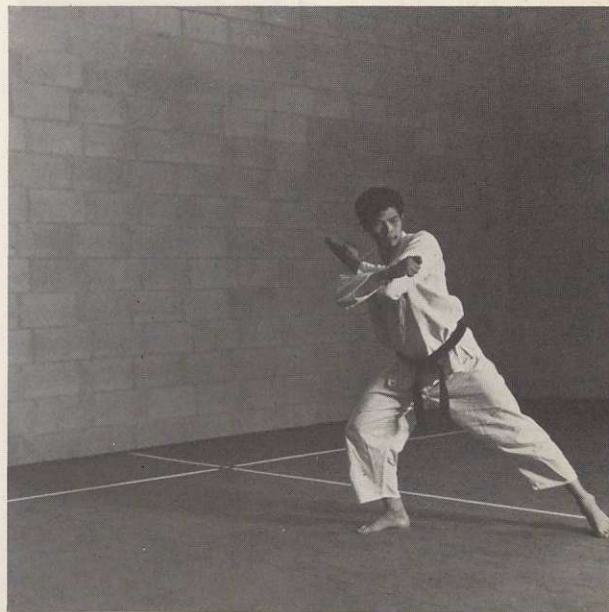
41b soto uke



42 gyaku zuki



43 karasu kuchi ippon ken (1 sec)

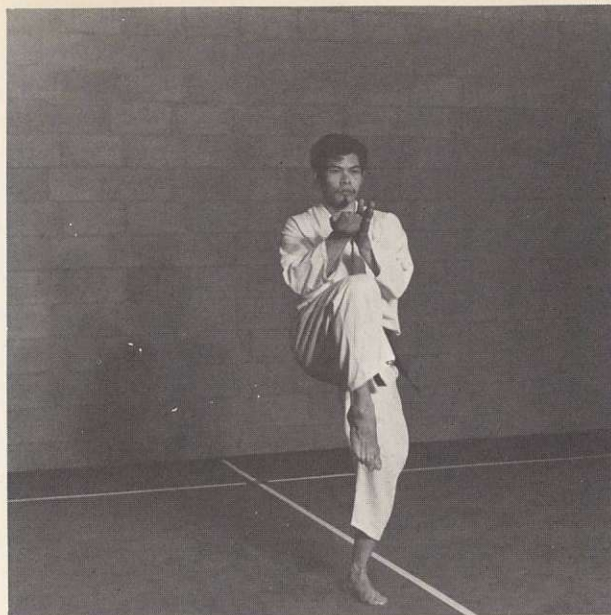


44a mawashi

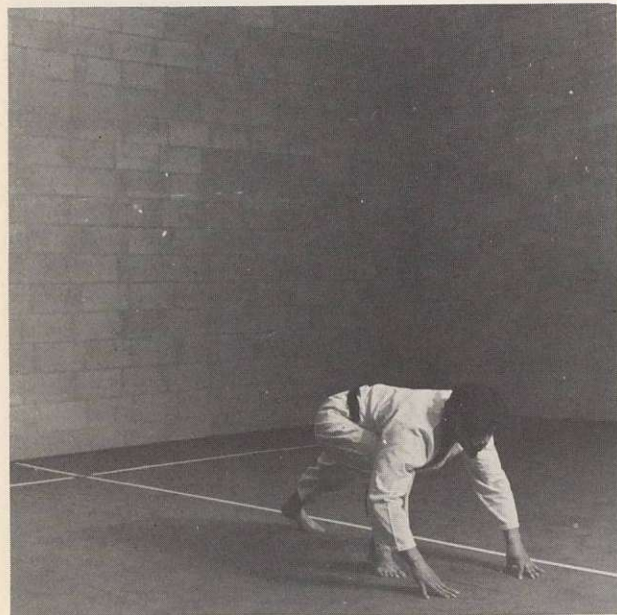




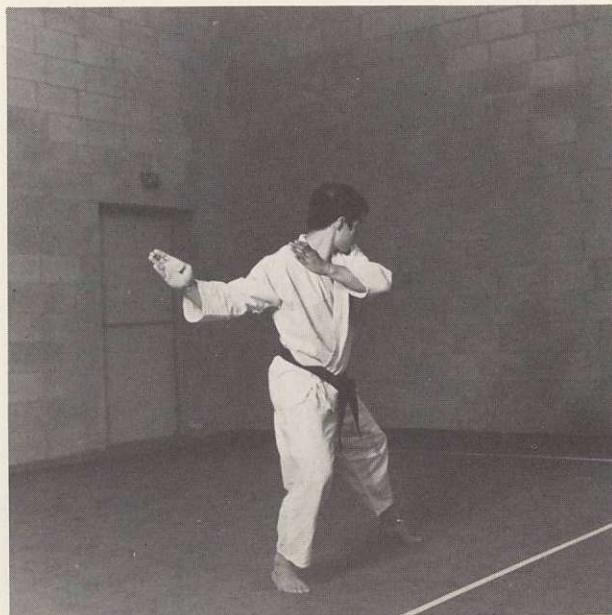
44b



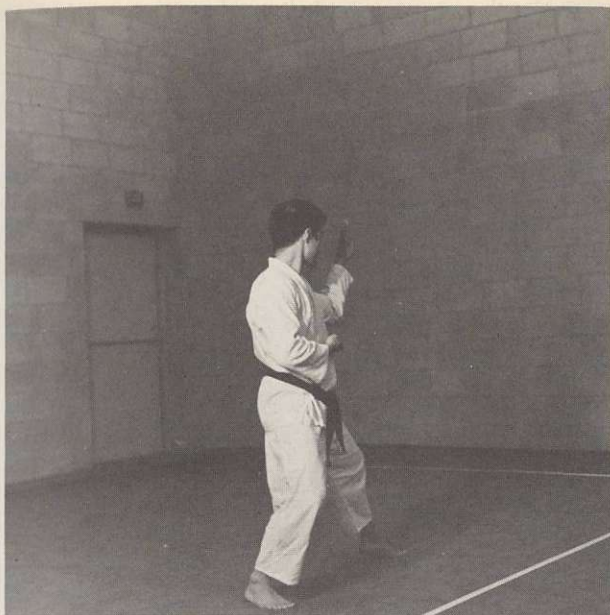
44c kensei zuki geri



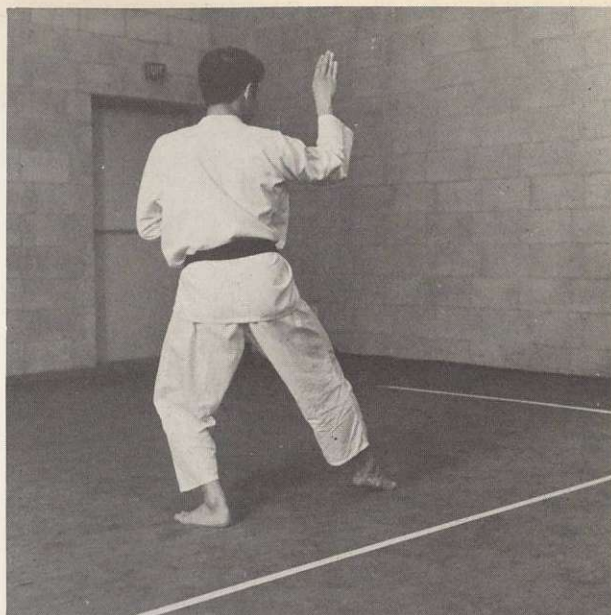
44d sage (1 sec)



45a (O)



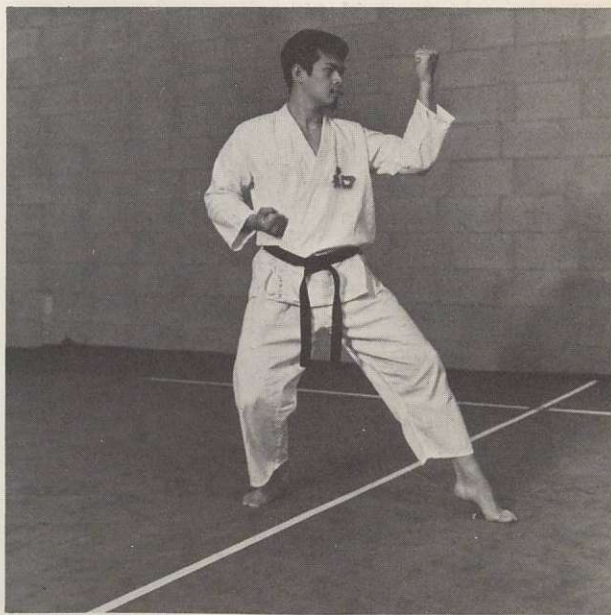
45b shutô uke



46 shutô uke (1 sec)

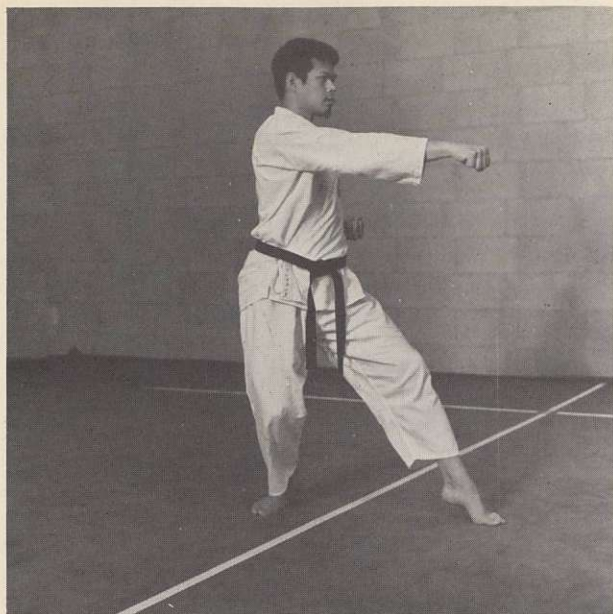


47a (O)



47b soto uke

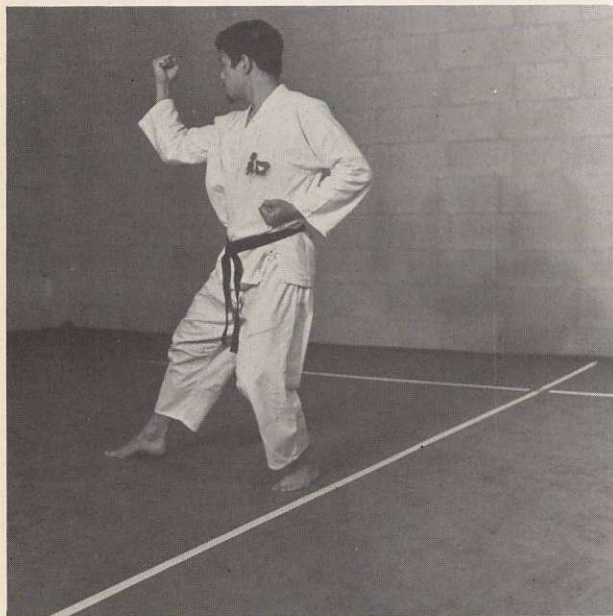




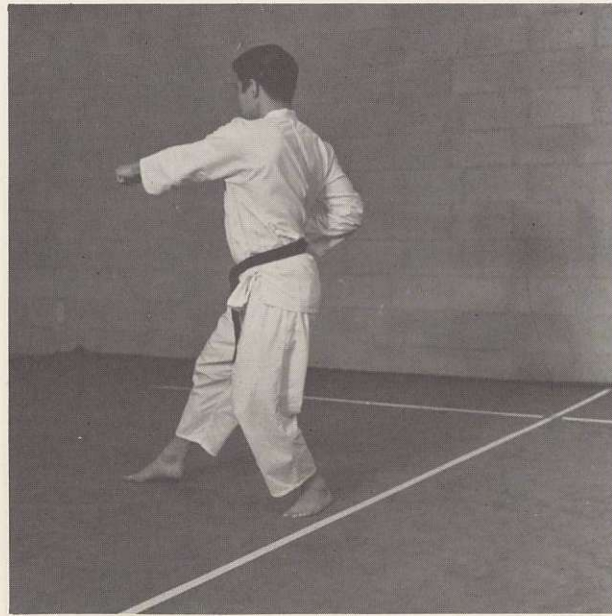
48 gyaku zuki (1 sec)



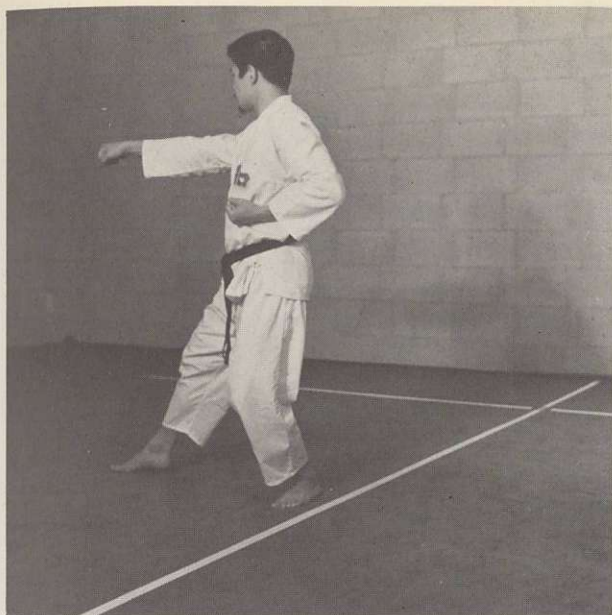
49a (O)



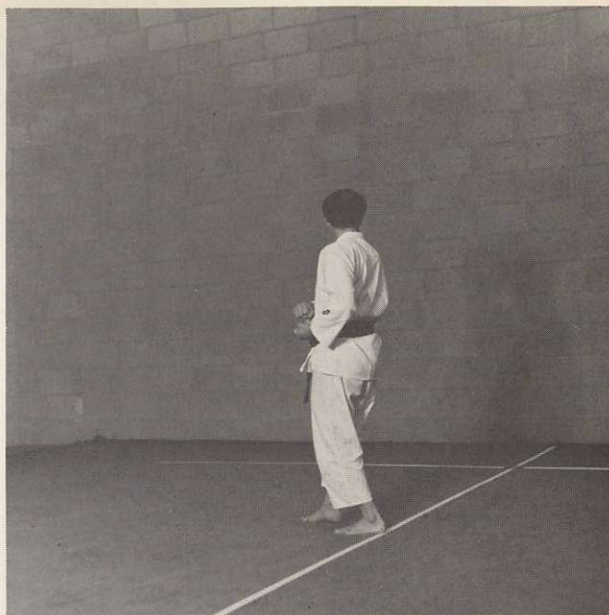
49b soto uke



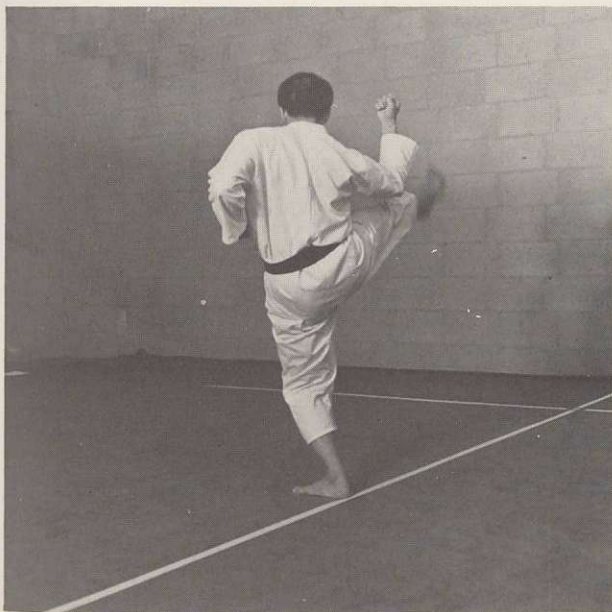
50 gyaku zuki



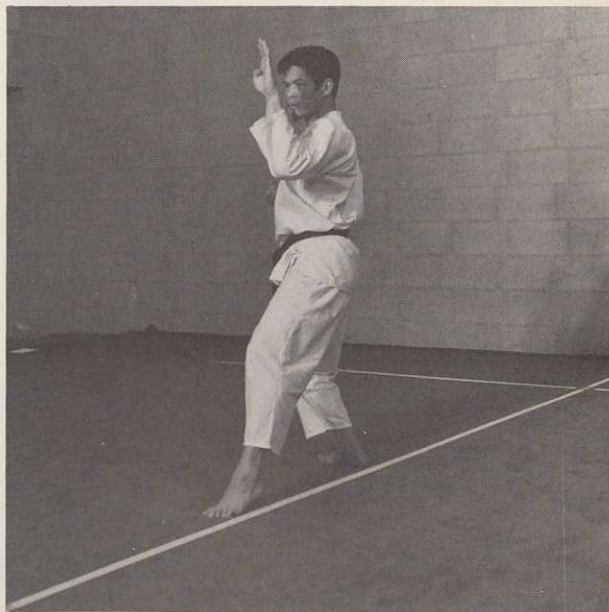
51 choku zuki (1 sec)



52a (O)

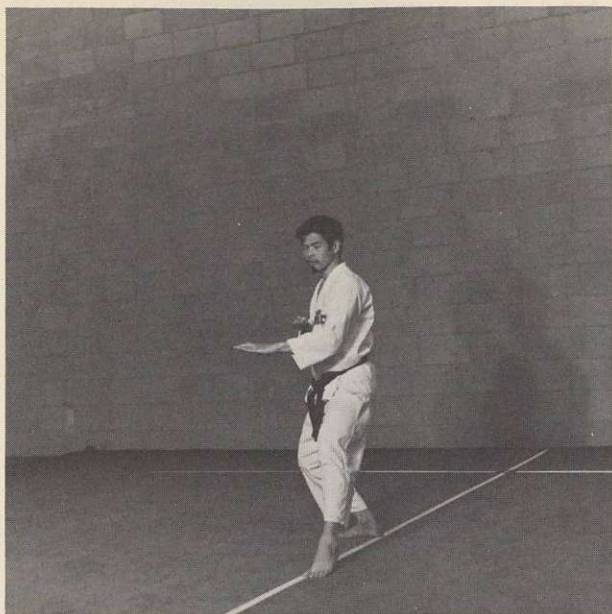


52b ganmen soto uke+yoko geri

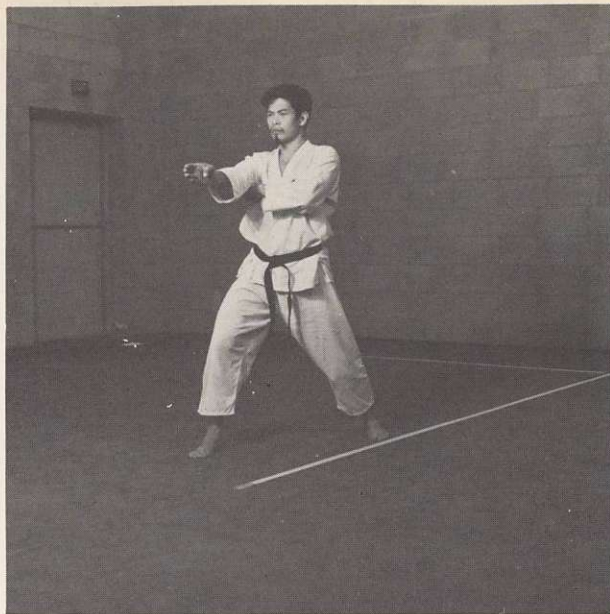


53 shutô uke (1 sec)

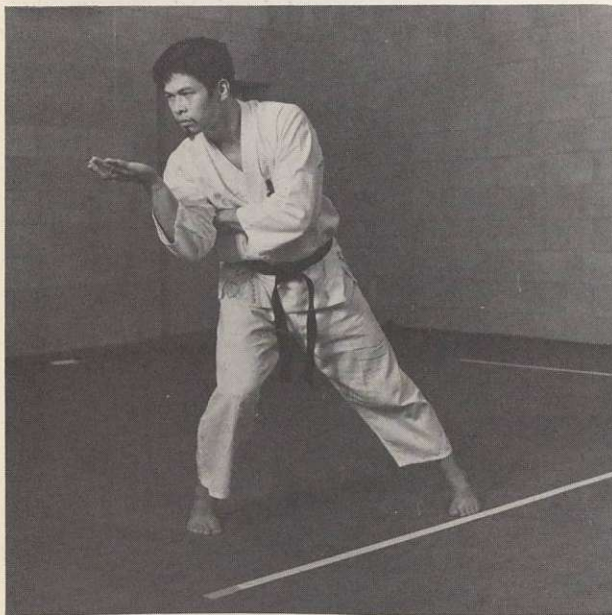




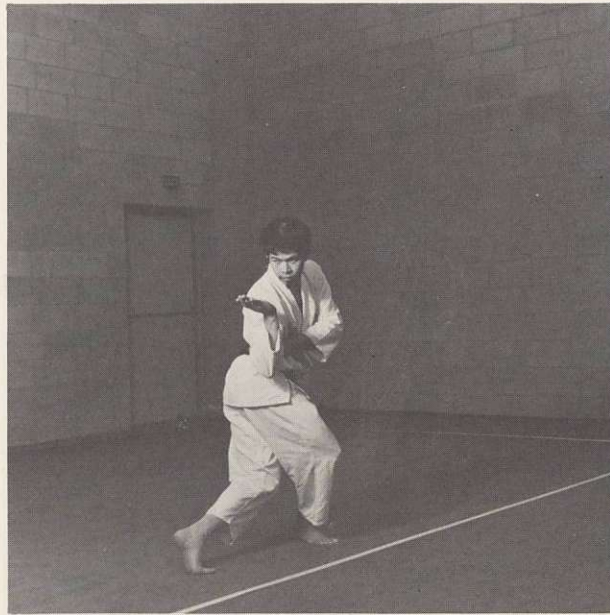
54a tsuki otoshi (osae uke)



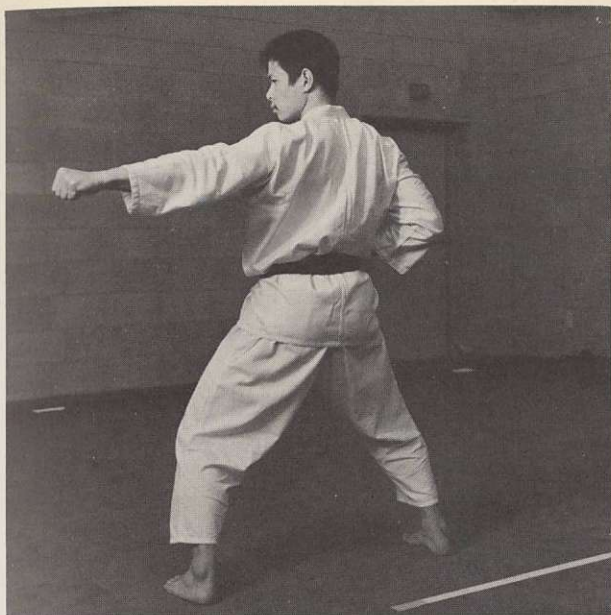
54b nukite (1 sec)



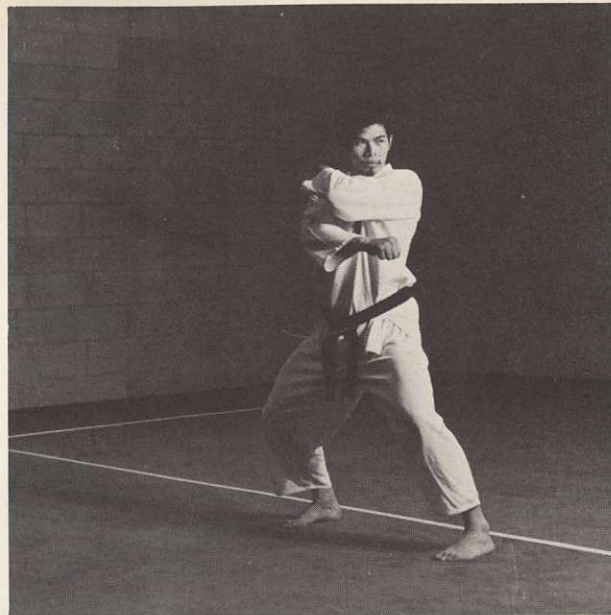
55a (L+O)



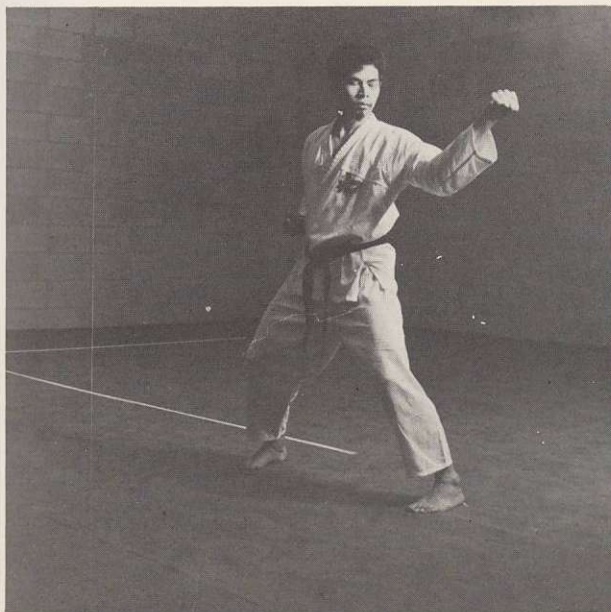
55b mawashi (L+O)



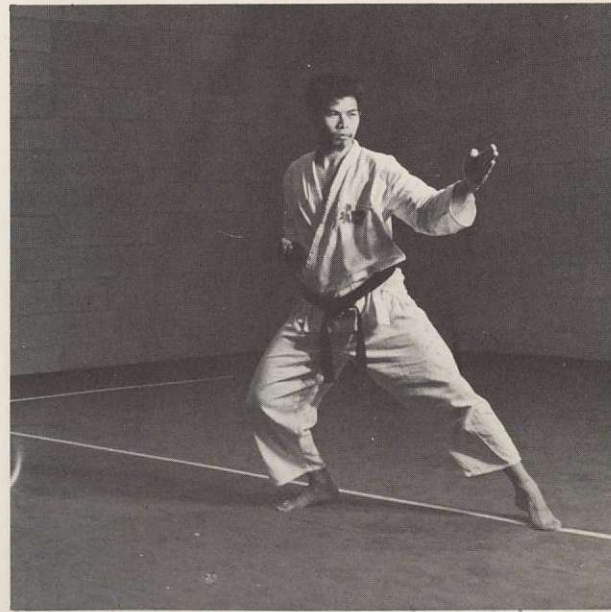
55c tettsui



56a suriashi (O)



56b tate uraken

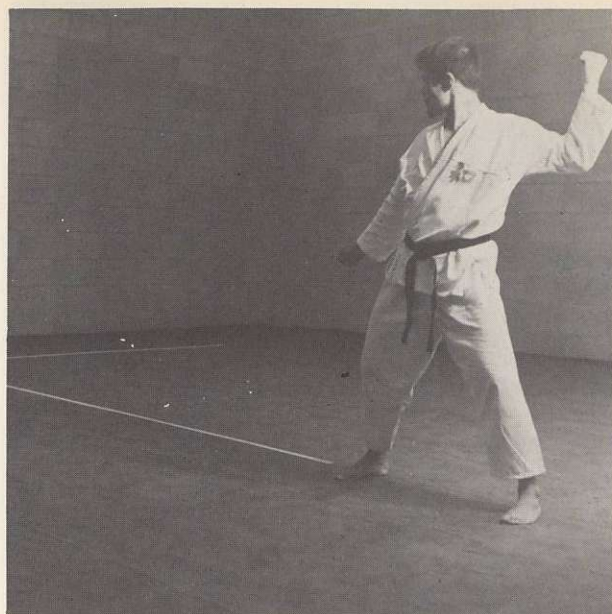


57a (O)

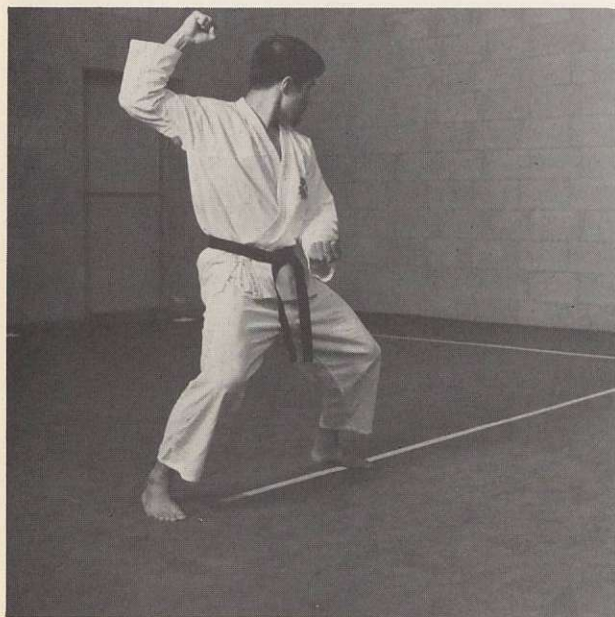




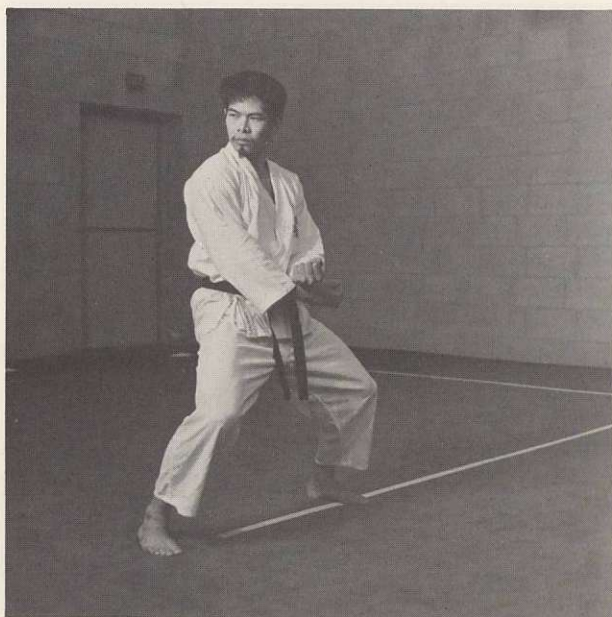
57b enpi (1 sec)



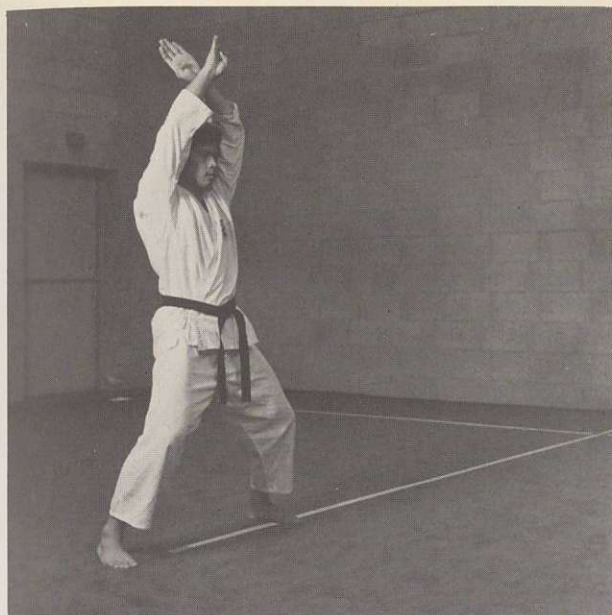
58 gedan barai (1 sec)



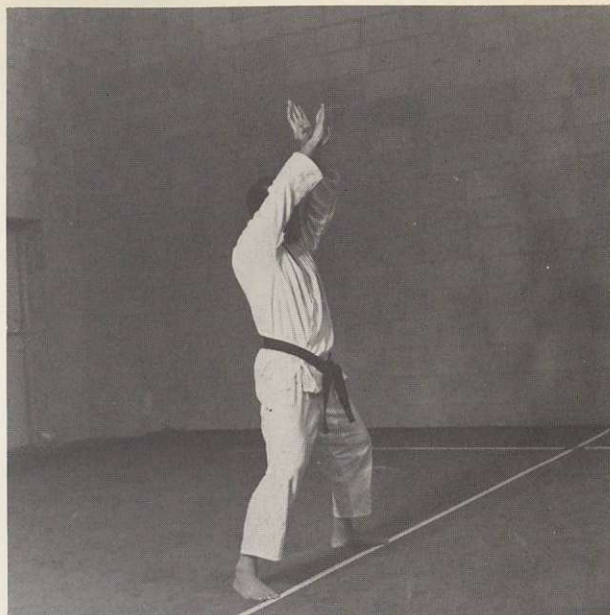
59 keri otoshi uke



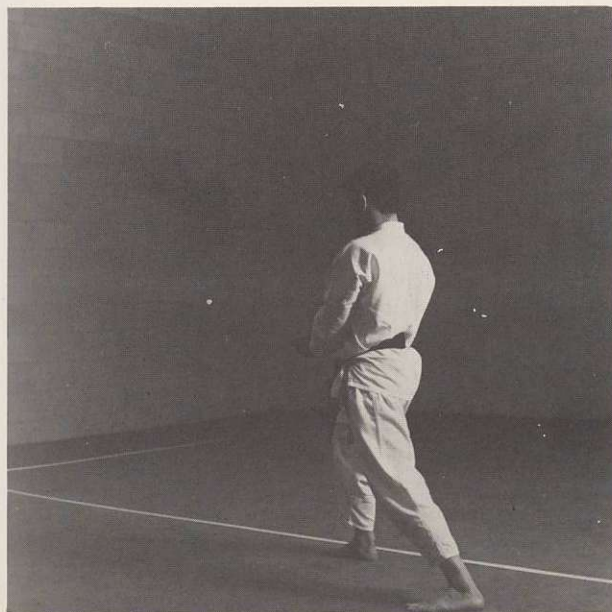
60 keri otoshi uke (1 sec)



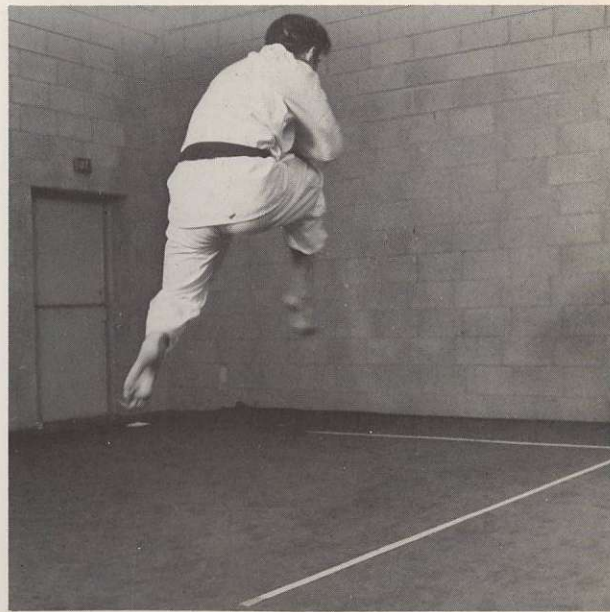
61 jōdan jūji uke (1 sec)



62a

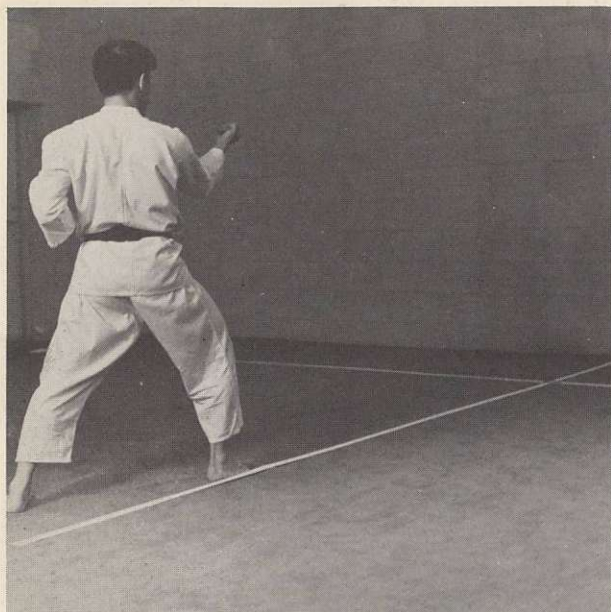


62b morote otoshi uke

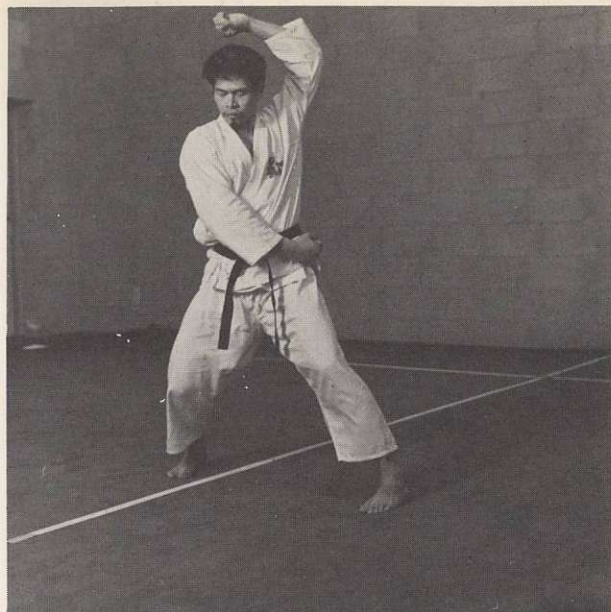


63 nidan geri jōdan

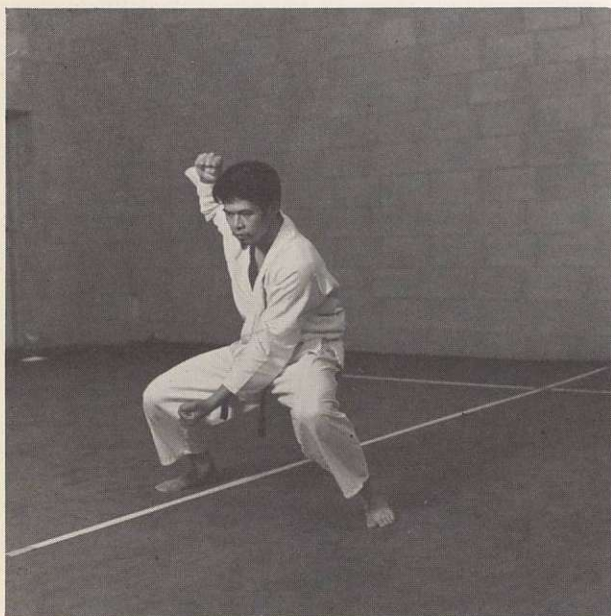




64 tate uraken (2 sec)



65a mawashi (0)



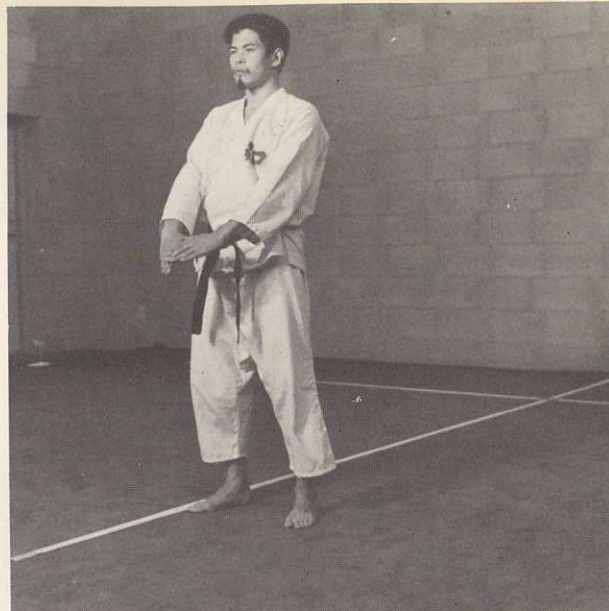
65b tettsui



65c tettsui



65d nage (2 sec)

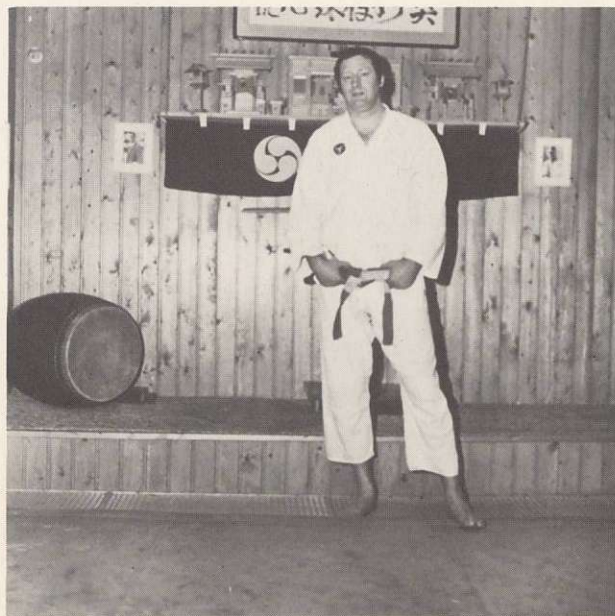


66 yame



# 極真會

KYOKUSHINKAI



De Kyokushinkai in Tōkyō wordt geleid door Masutatsu Oyama.

De nadruk wordt bij deze stijl gelegd op het vormen van een eenheid van de uiterlijke en innerlijke kracht.

Daarom wordt bij deze stijl, meer dan bij andere scholen, aandacht besteed aan ademhalingsoefeningen en meditatie.

De Nederlandse karateleraar Jon Bluming, 6e Dan karate, introduceerde deze stijl in Nederland, nadat hij jarenlang had getraind in de school van Masutatsu Oyama in Japan.

The Kyokushinkai School is run by Masutatsu Oyama.

The Kyokushinkai style is characterized by unity in outer and inner strength. This is the reason why in teaching this style, more than the other styles do, the emphasis is put on breathing exercises and meditation.

The Dutch Karate instructor Jon Bluming, 6th Dan Karate, introduced this style in Holland after many years of training at Masutatsu Oyama's academy in Japan.

Le Kyokushinkai a été dirigé à Tokio par Masutatsu Oyama.

Ce style met l'accent sur la formation d'une unité de la force extérieure et de la force intérieure. Ceci explique la raison pour laquelle, plus que dans d'autres écoles, ce style exige que l'on porte son attention sur les exercices de respiration et de méditation. (concentration)

Le professeur Hollandais de karaté, Jon Bluming, 6ème Dan Karaté, a introduit ces style aux Pays-Bas après avoir été lui-même longuement entraîné à l'école de Masutatsu Oyama au Japon.

Der Kyokushinkai in Tokio wird von Masutatsu Oyama geleitet.

Bei diesem Stil liegt der Nachdruck darauf, dass zwischen äusserer und innerer Kraft eine Einheit entsteht. Deshalb spielen Atmungsübungen und Meditation bei diesem Stil mehr als bei anderen Schulen eine Rolle.

Der niederländische Karatelehrer Jon Bluming, 6. Dan Karate, führte diesen Stil in den Niederlanden ein, nachdem er jahrelang in der Schule von Masutatsu Oyama in Japan trainiert hatte.

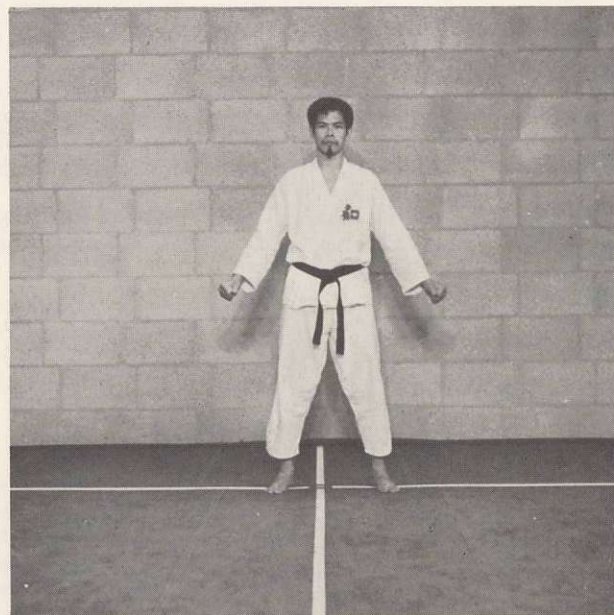


# Kyokushinkai

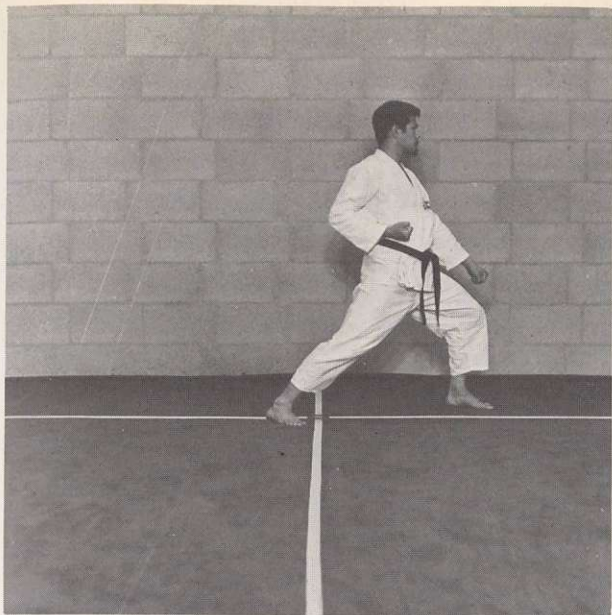
## Pinan shôdan



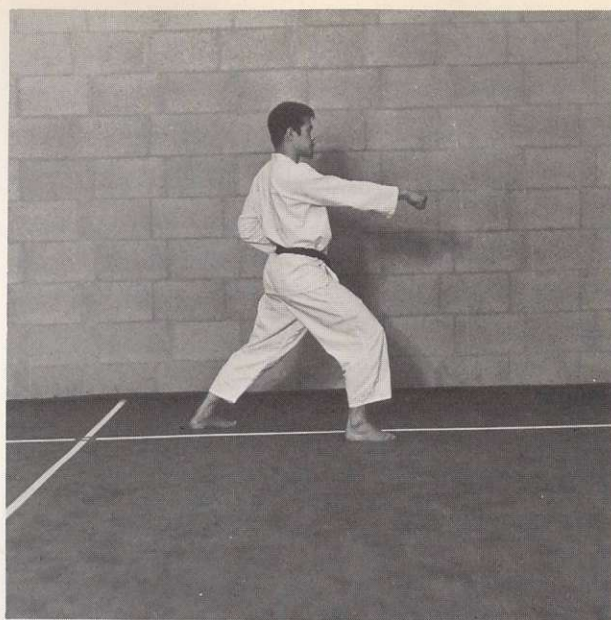
1 musubi dachi



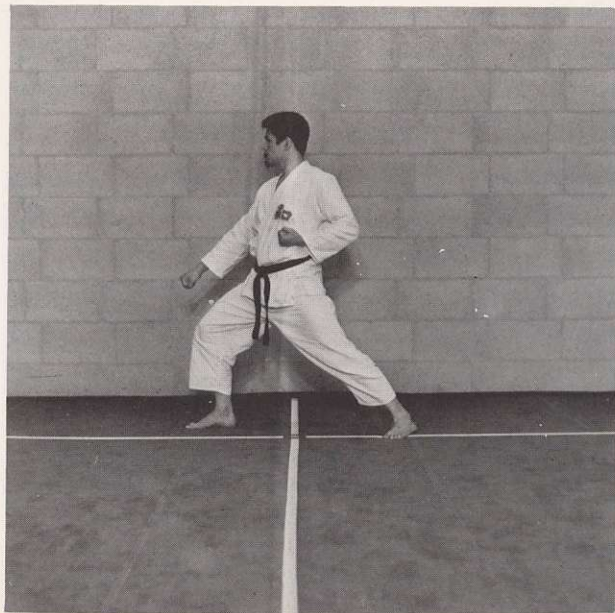
2 yoi



3 gedan barai



4 oi zuki (1 sec)

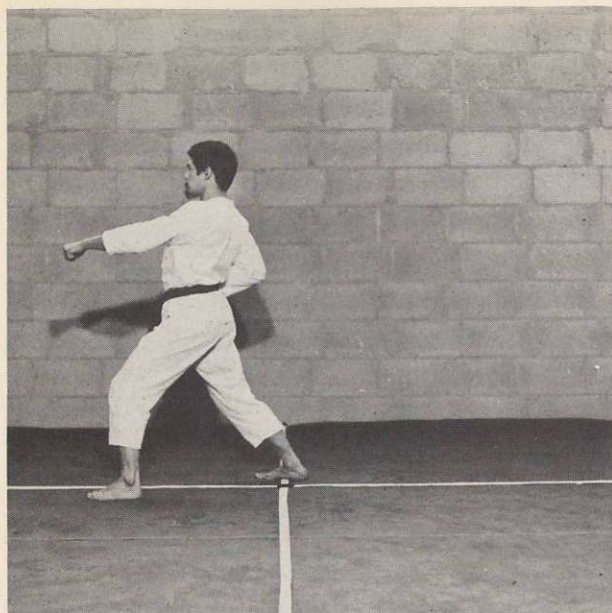


5 gedan barai

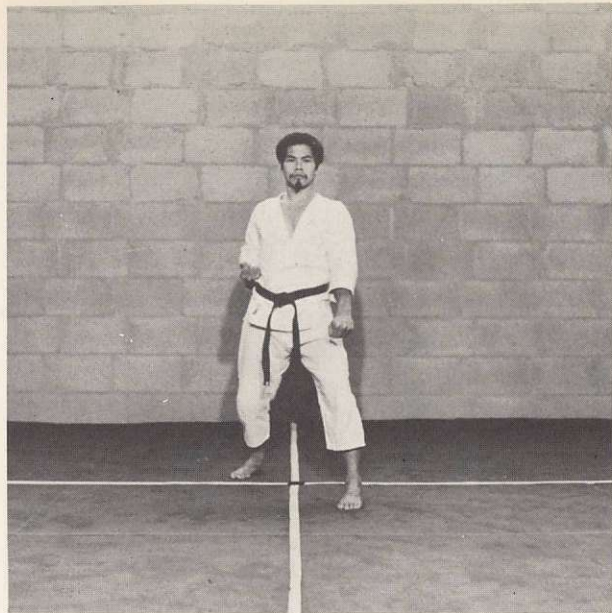


6 neko ashi dachi





7 oi zuki (1 sec)



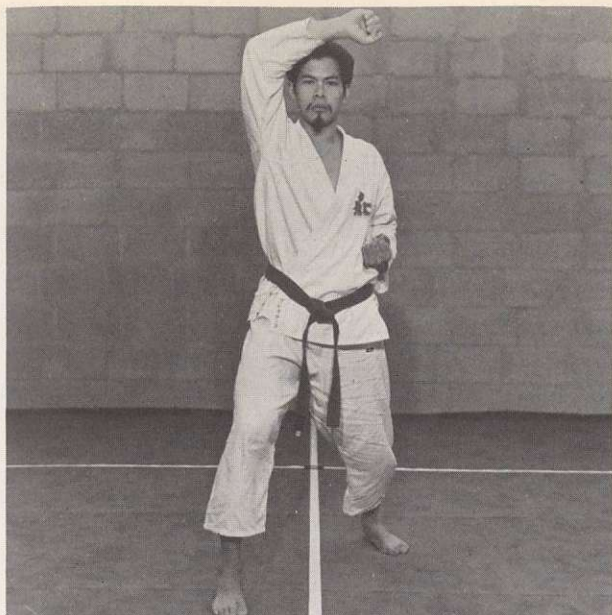
8 gedan barai



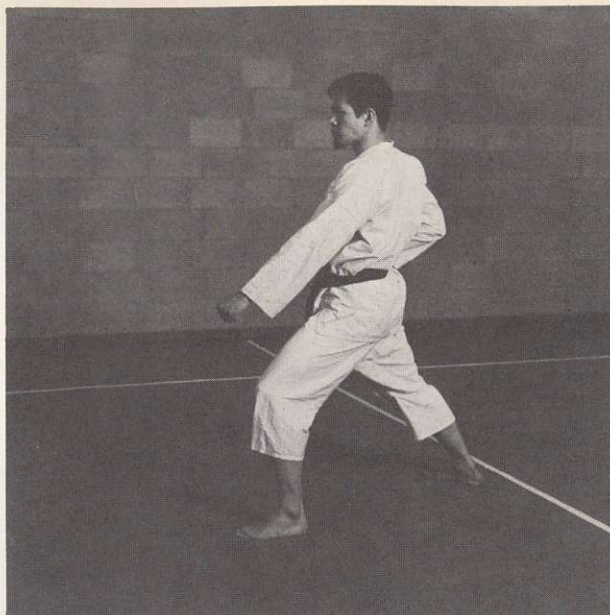
9 jōdan uke



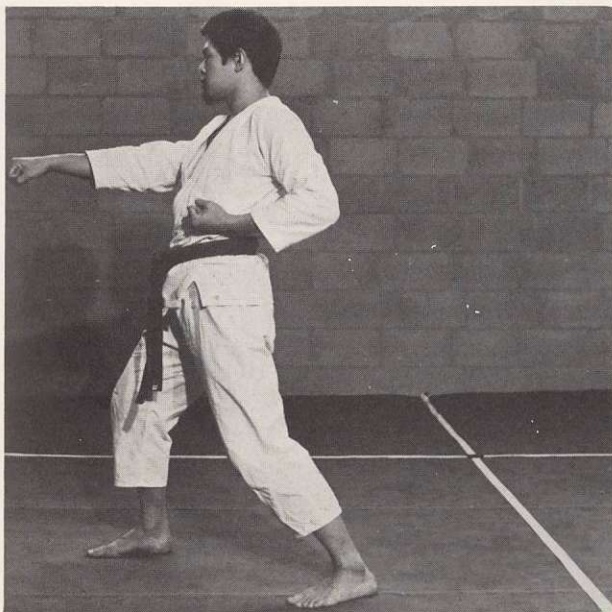
10 jōdan uke



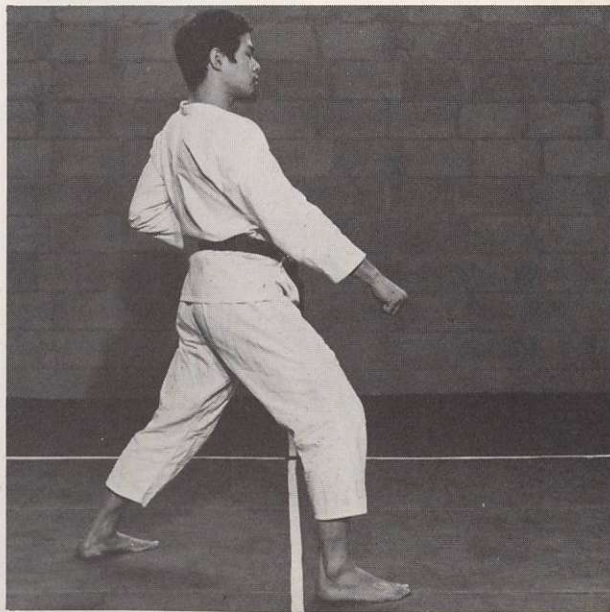
11 jōdan uke (2 sec)



12 gedan barai

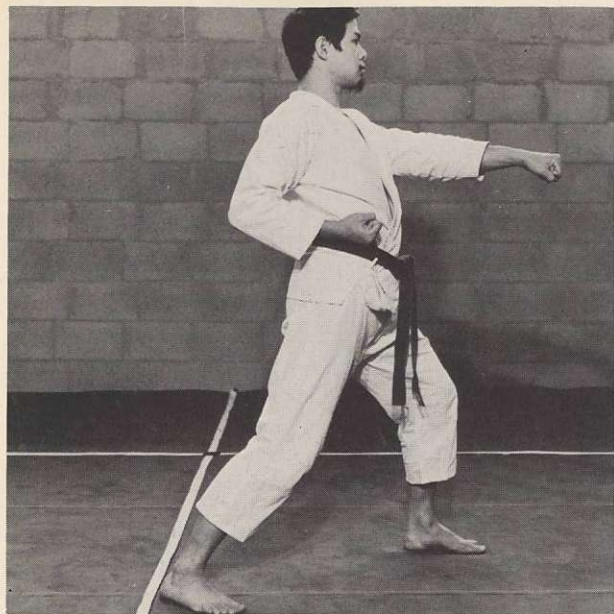


13 oi zuki

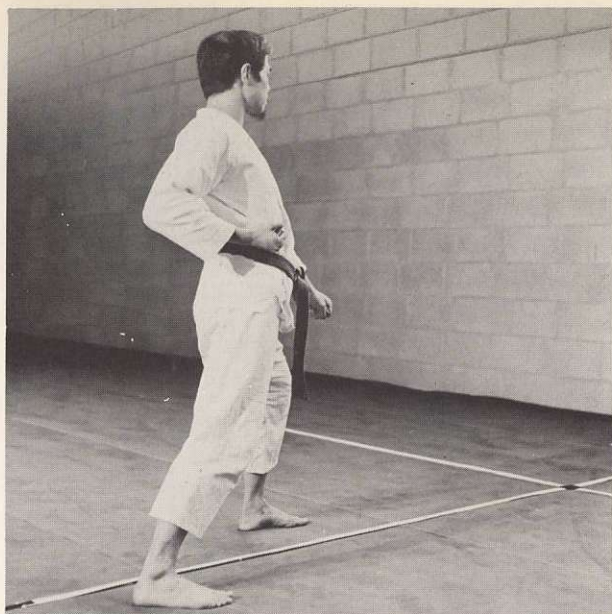


14 gedan barai

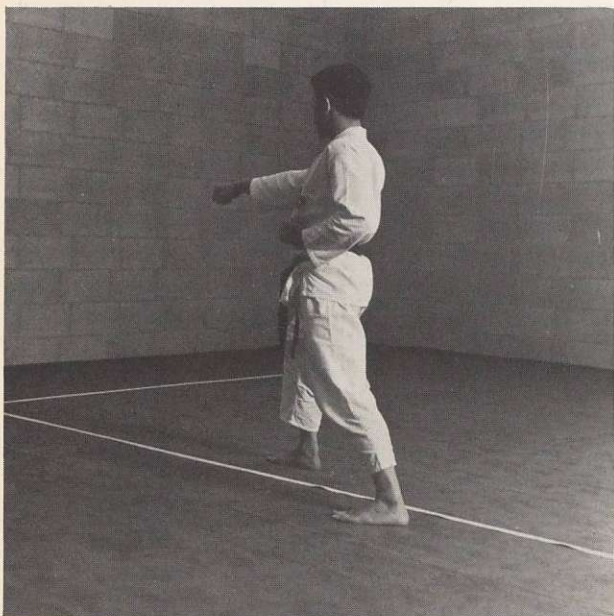




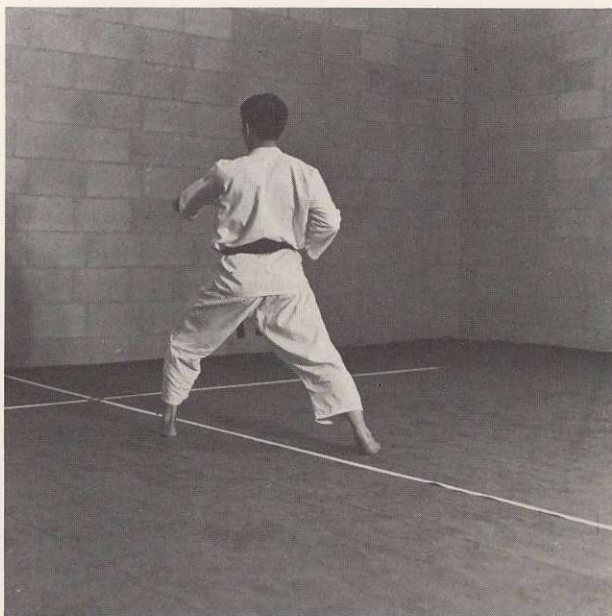
15 oi zuki



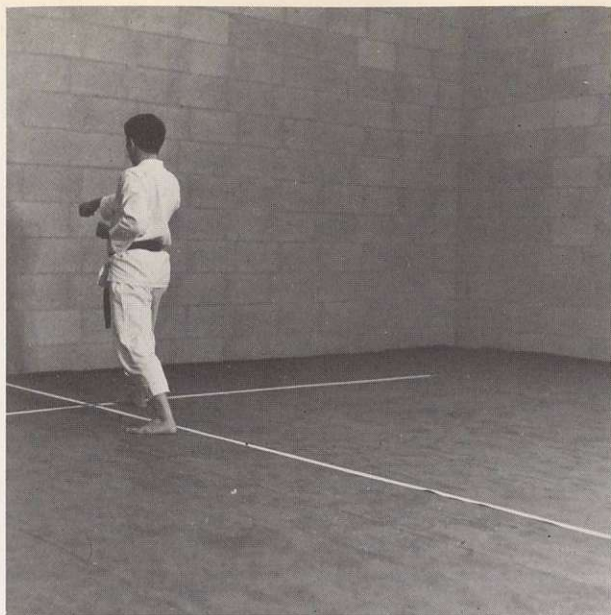
16 gedan barai



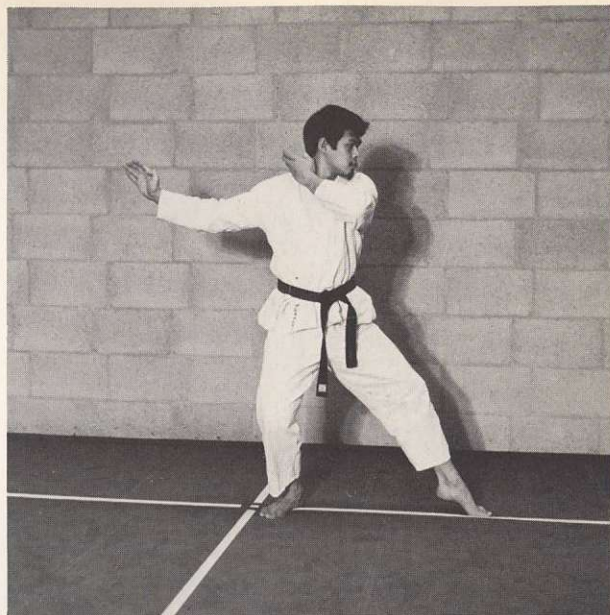
17 oi zuki



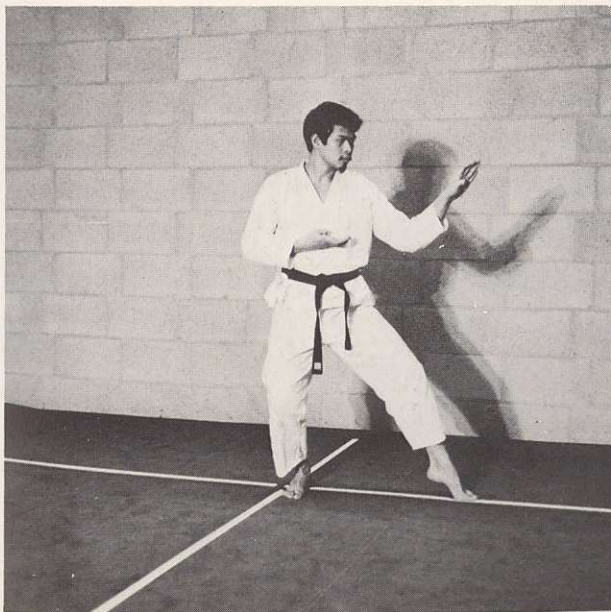
18 oi zuki



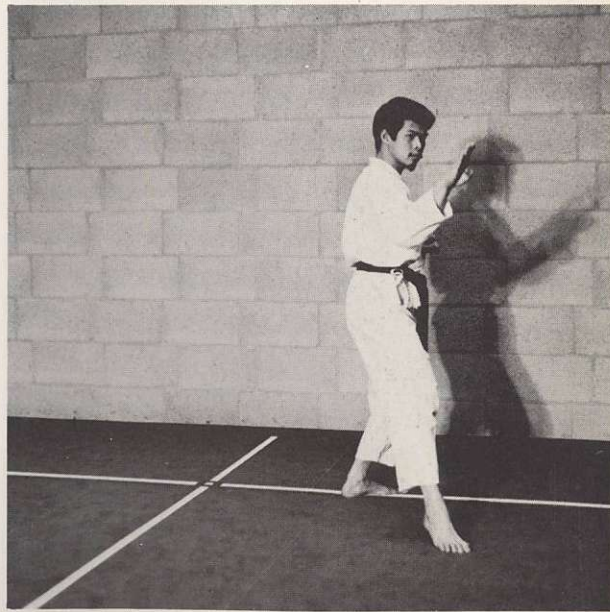
19 oi zuki (2 sec)



20



21 neko ashi dachi

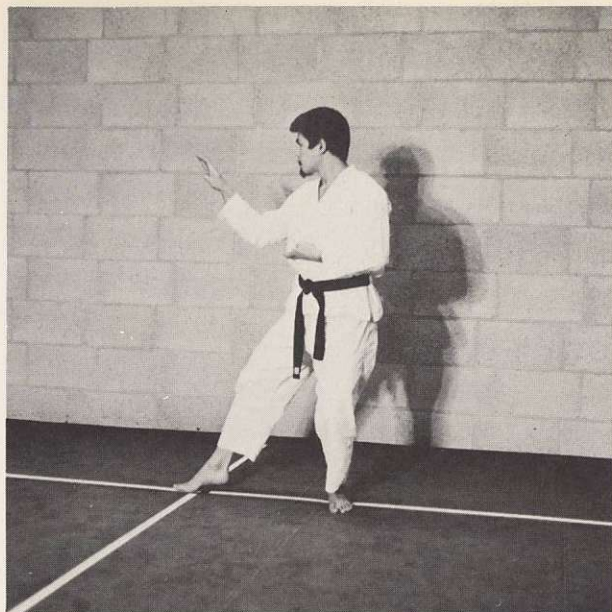


22 neko ashi dachi

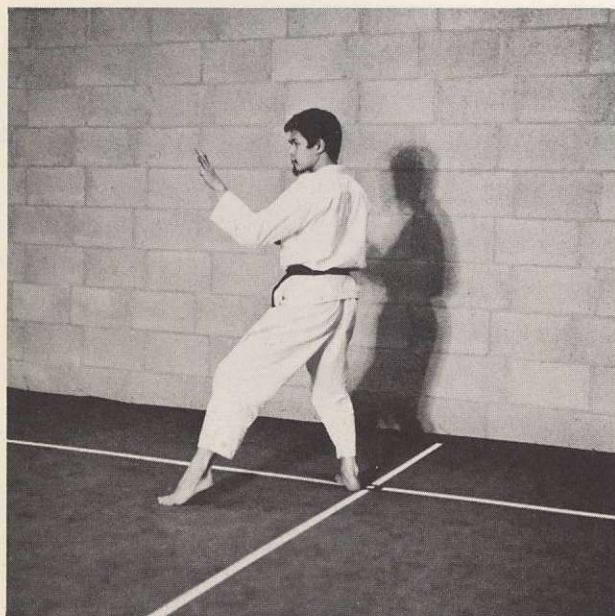




23



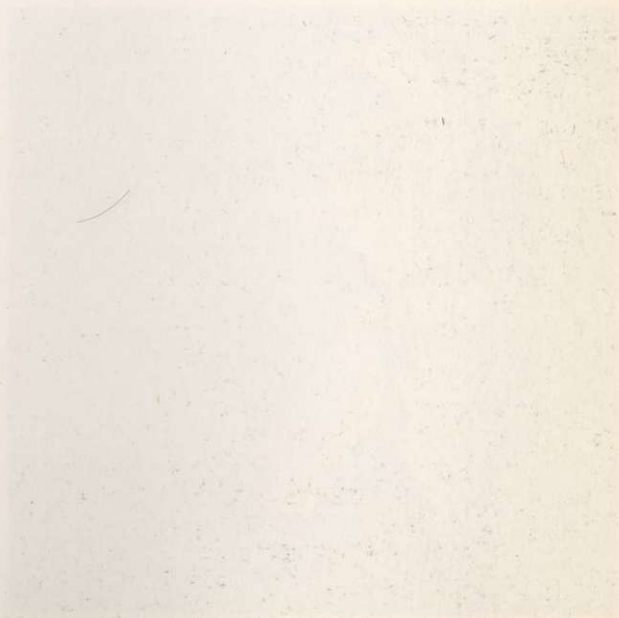
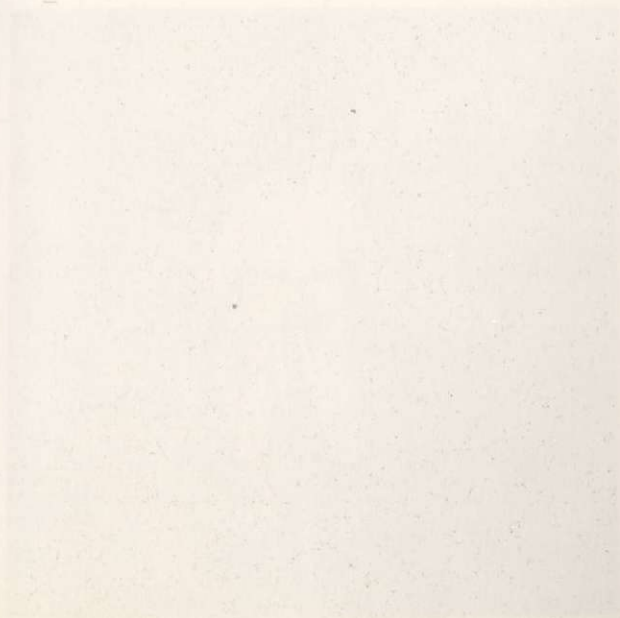
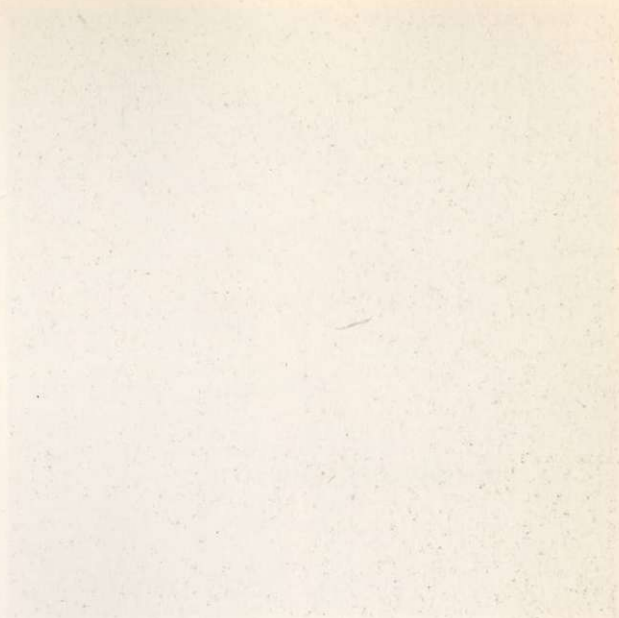
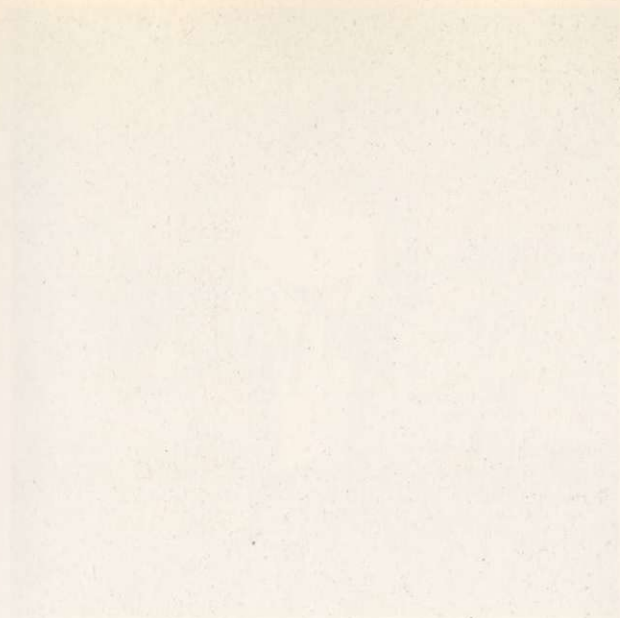
24 neko ashi dachi



25 neko ashi dachi



26 yame



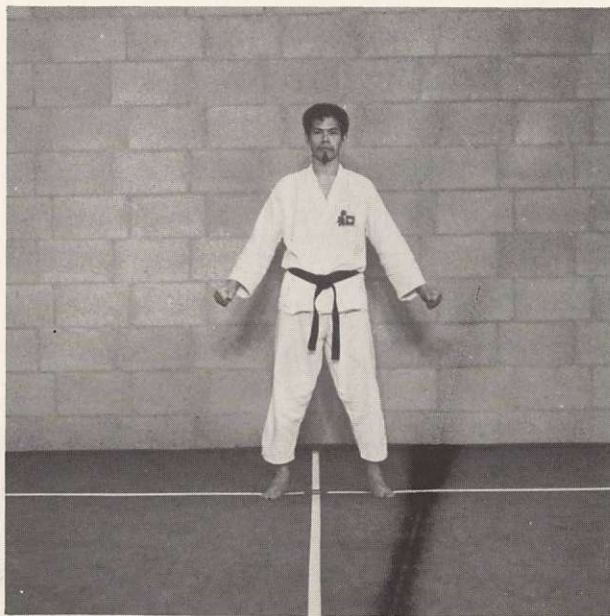


**Kyokushinkai**

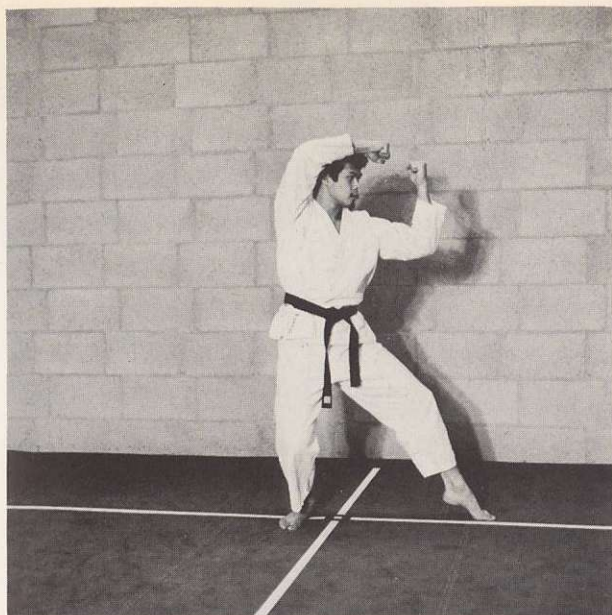
**Pinan nidan**



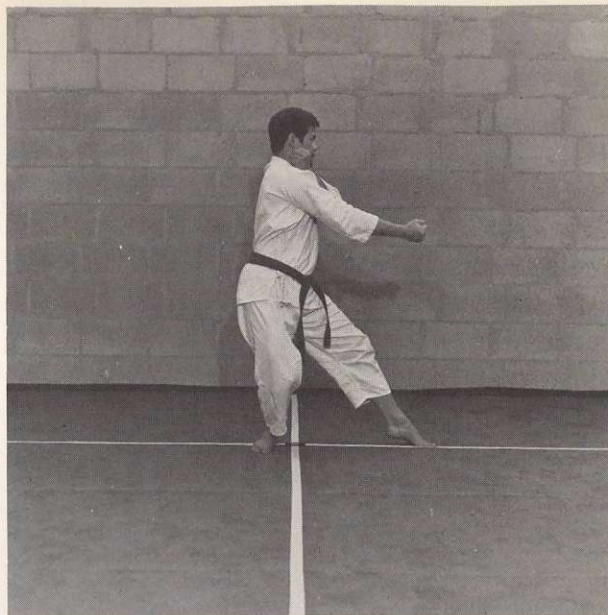
1 musubi dachi



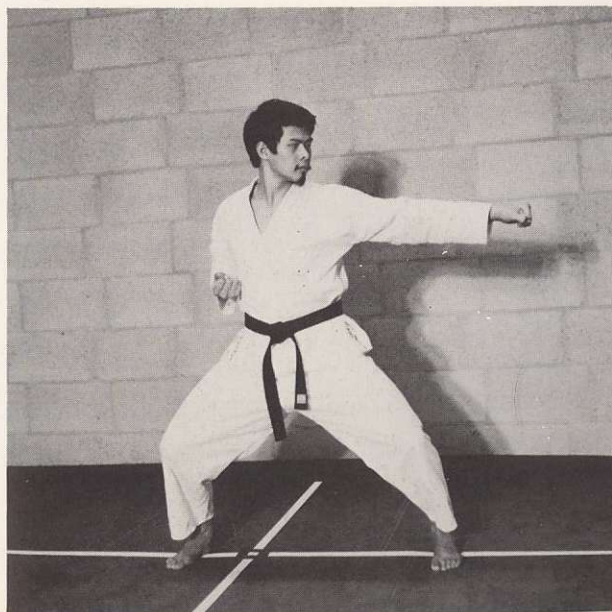
2 yoi



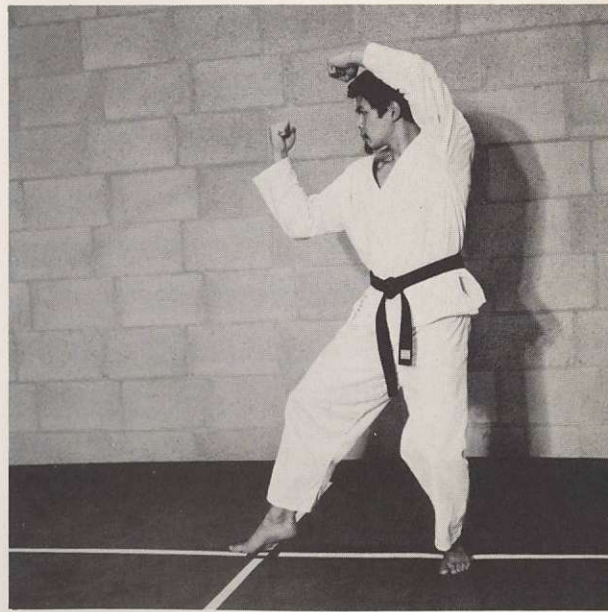
3 uchi uke+jôdan uke



4 tettsui



5 shiko dachi

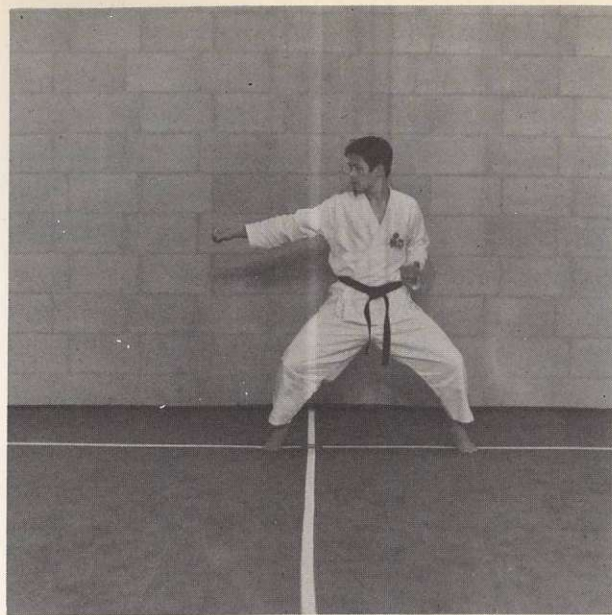


6 uchi uke+jôdan uke

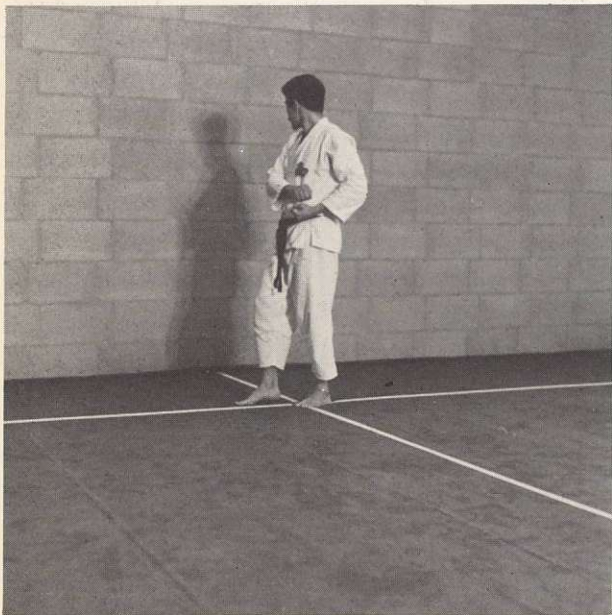




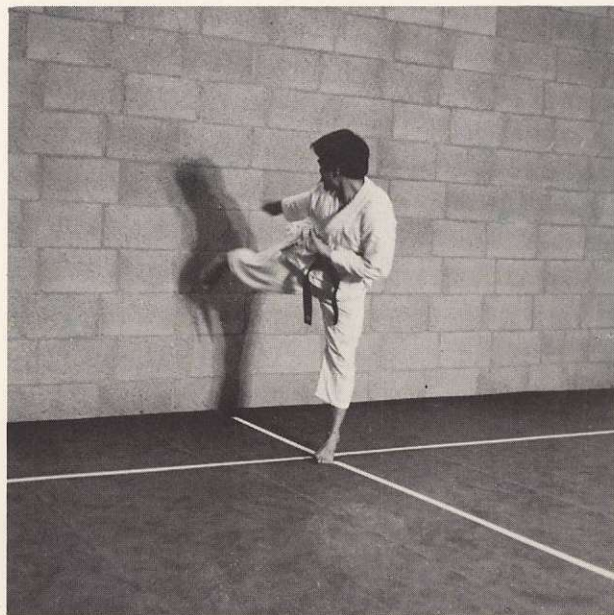
7 tettsui



8 tettsui (2 sec)



9a (0)



9b uraken+sokutô



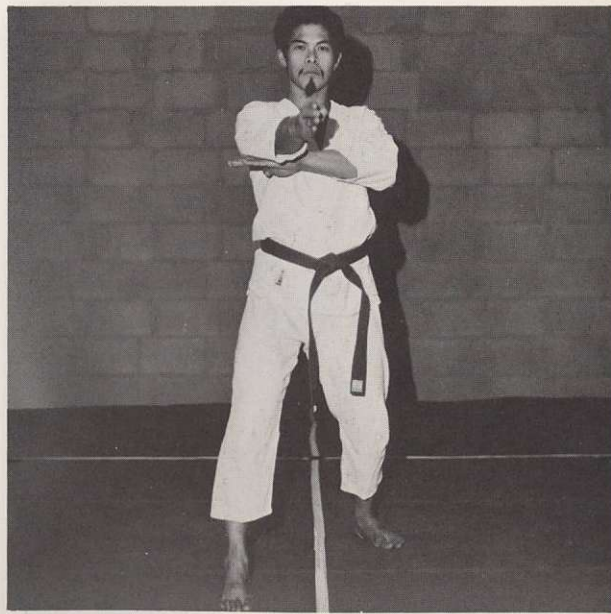
10 shutô uke



11 shutô uke

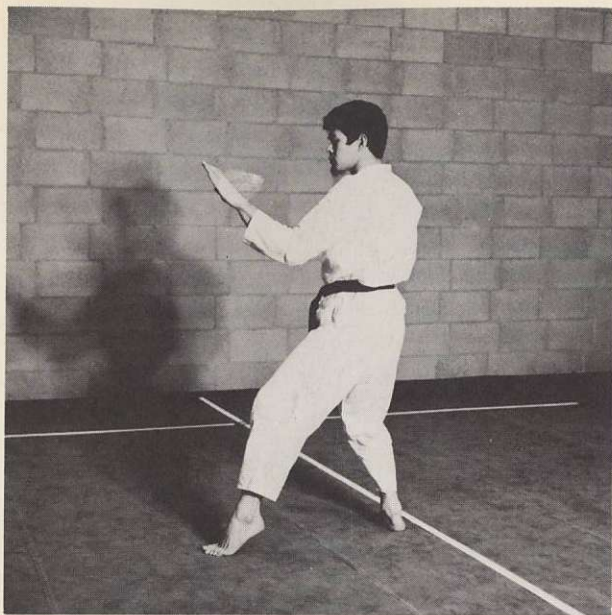


12 shutô uke



13 nukite (2 sec)

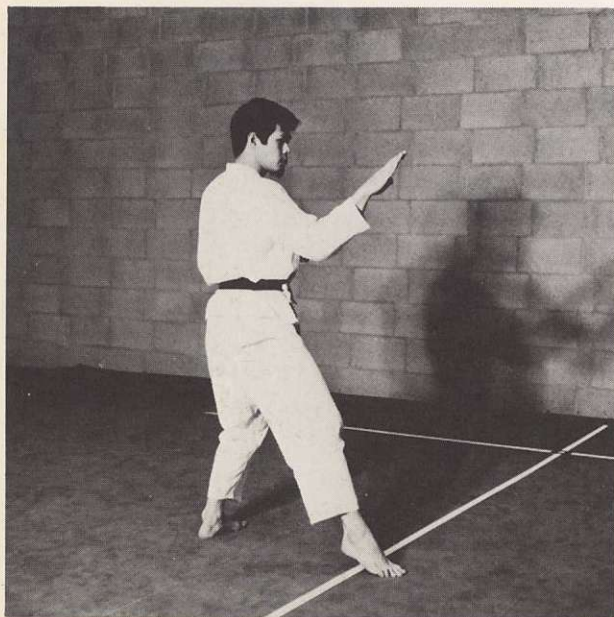




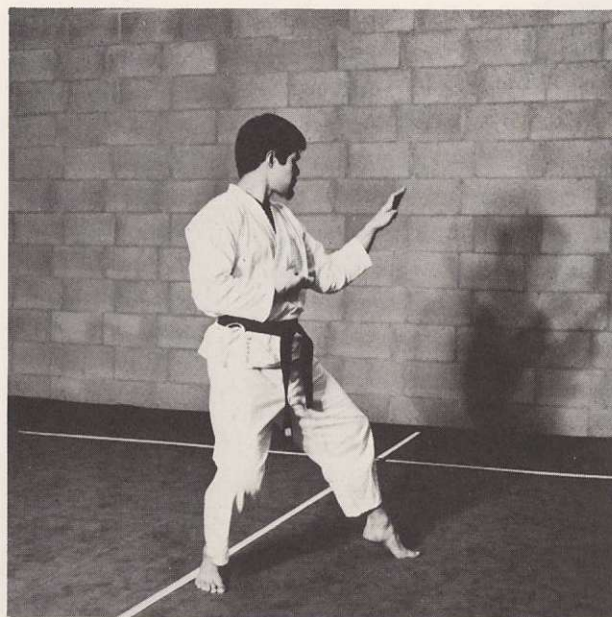
14 shutô uke



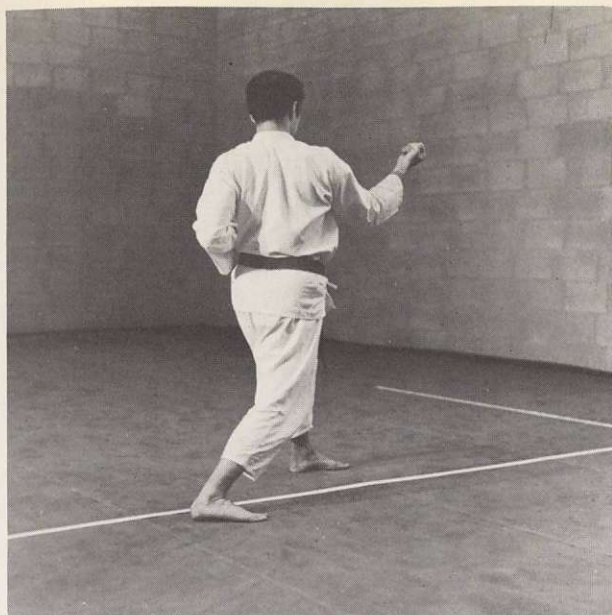
15 shutô uke (1 sec)



16 shutô uke



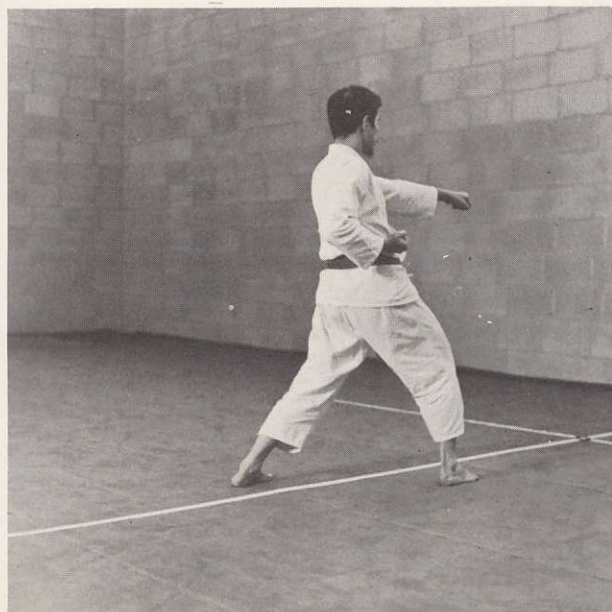
17 shutô uke (1 sec)



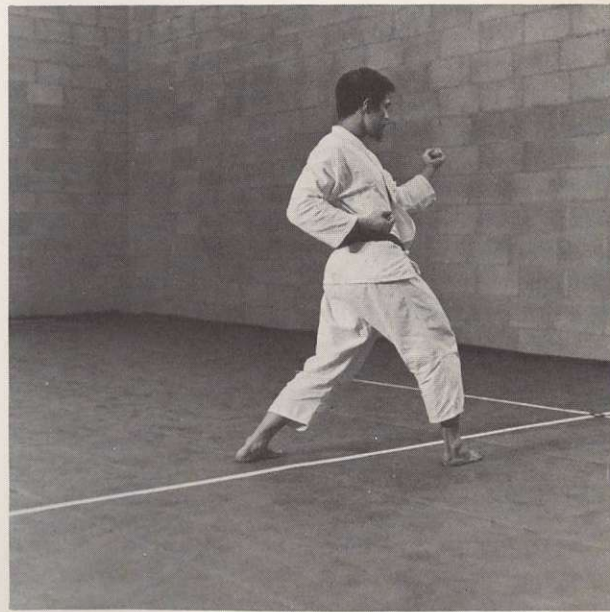
18 gyaku uchi uke



19 mae geri

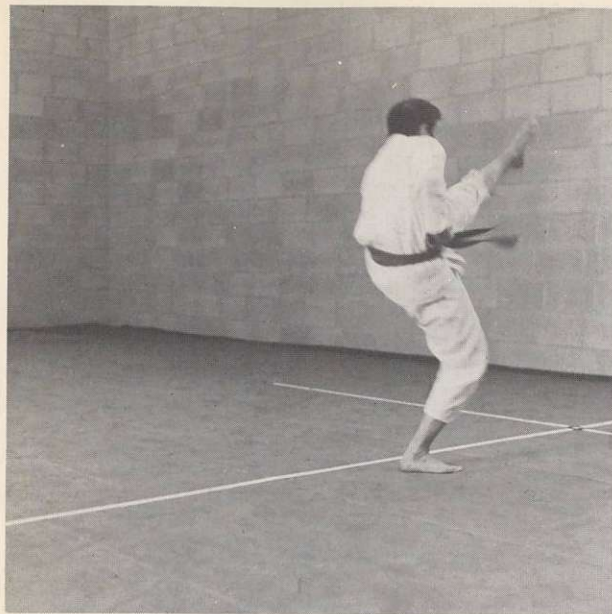


20 gyaku zuki

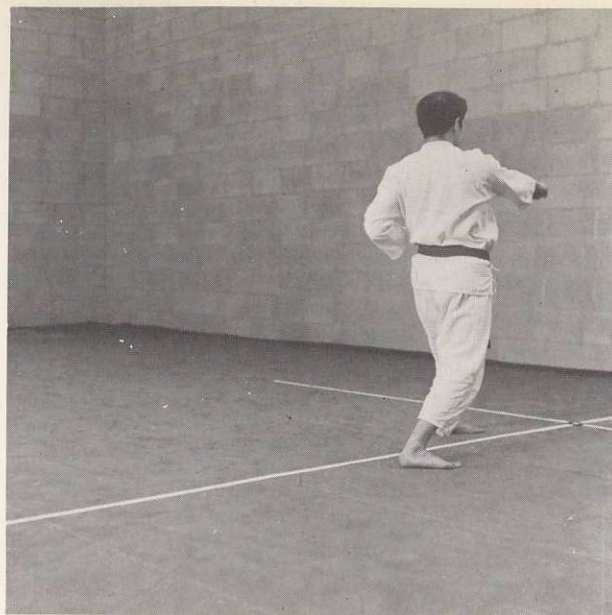


21 gyaku uchi uke

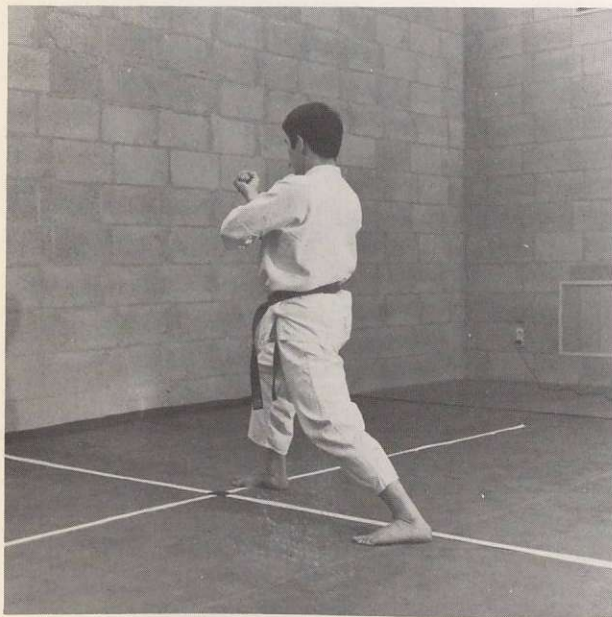




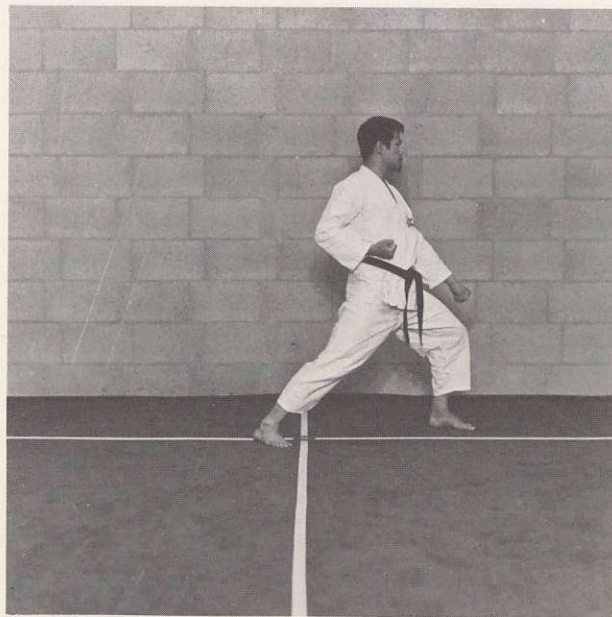
22 mae geri



23 gyaku zuki



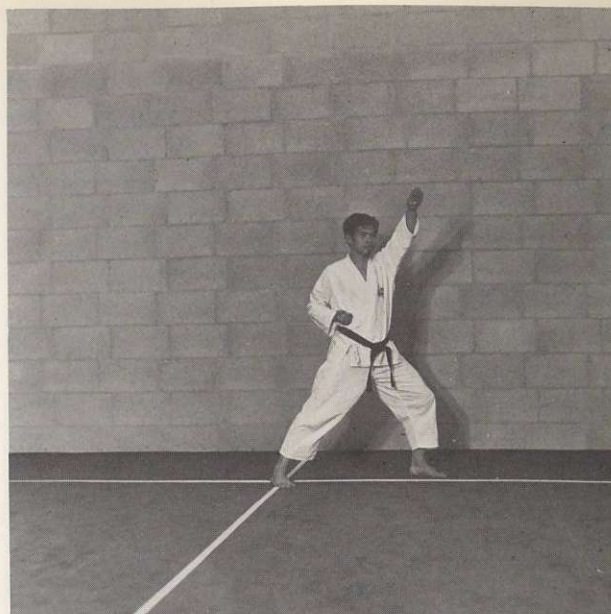
24 morote uke (1 sec)



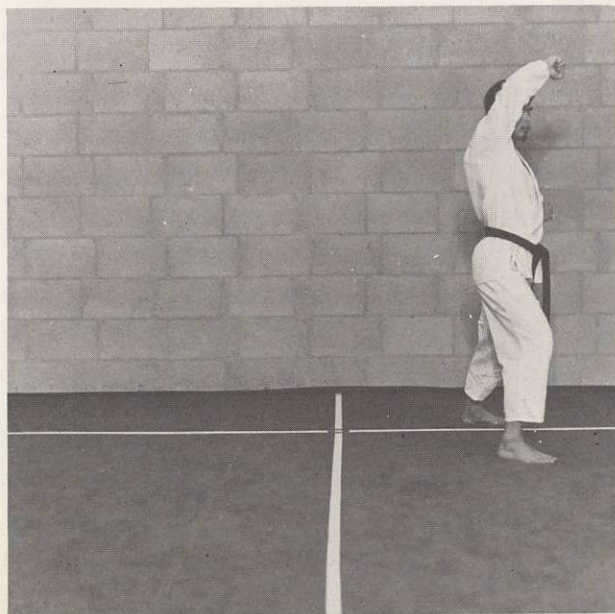
25 gedan barai



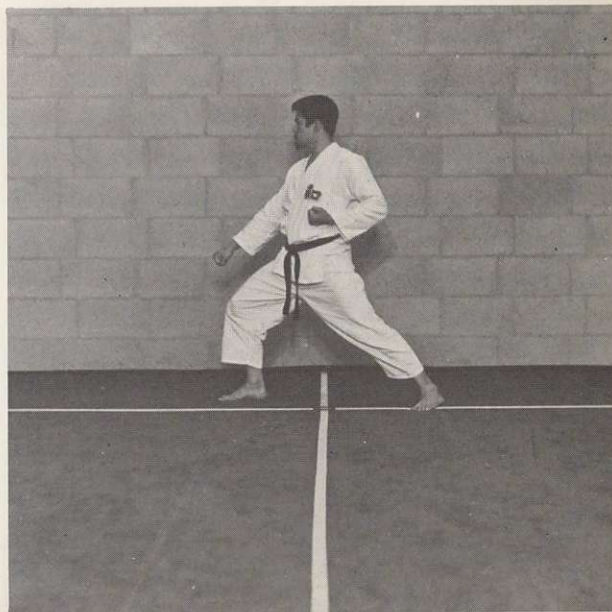
26



27 jōdan nukite

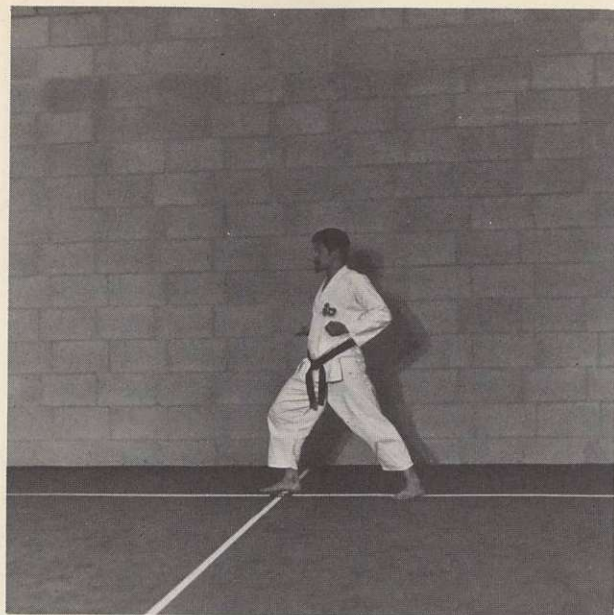


28 jōdan uke

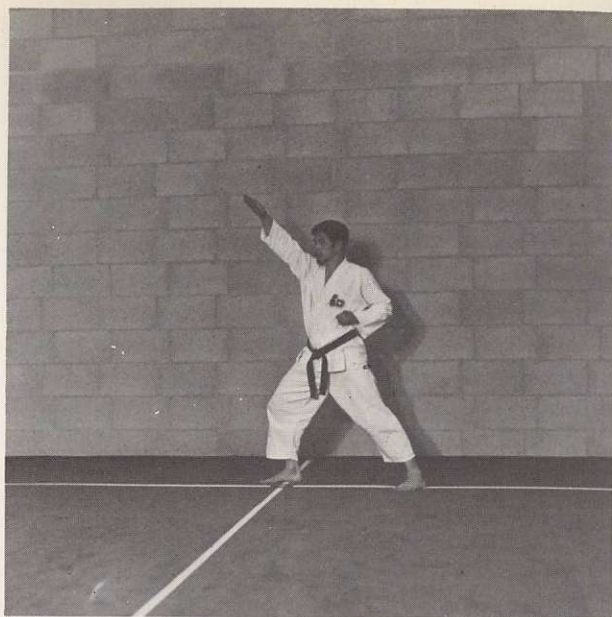


29 gedan barai

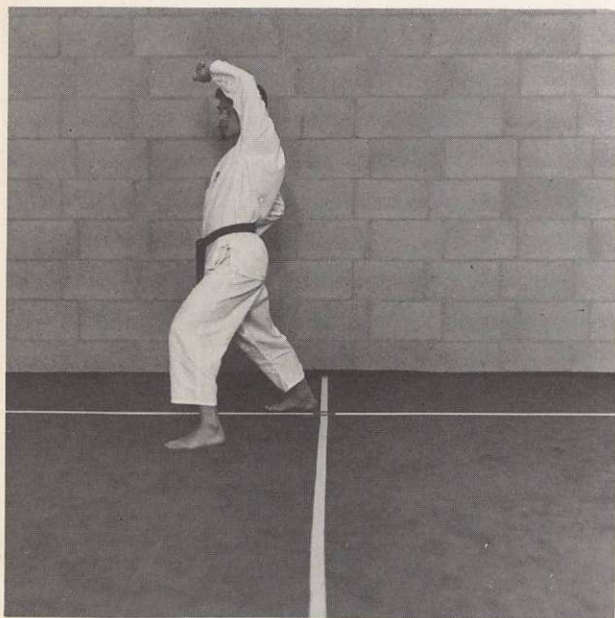




30



31 jōdan nukite



32 jōdan uke (2 sec)



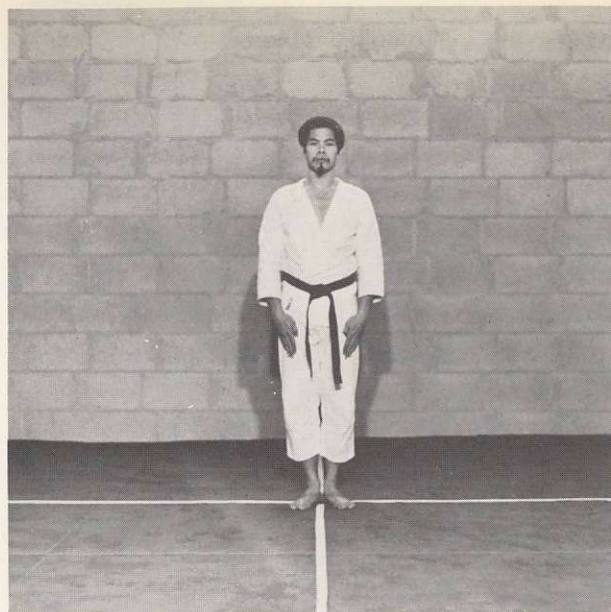
33 yame



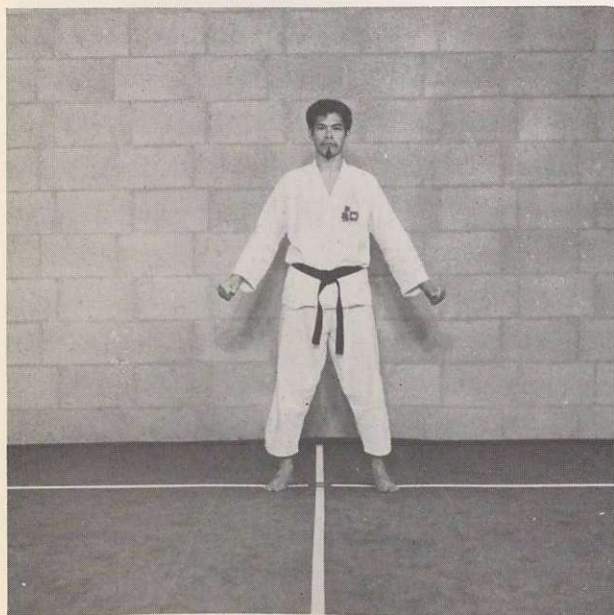


# Kyokushinkai

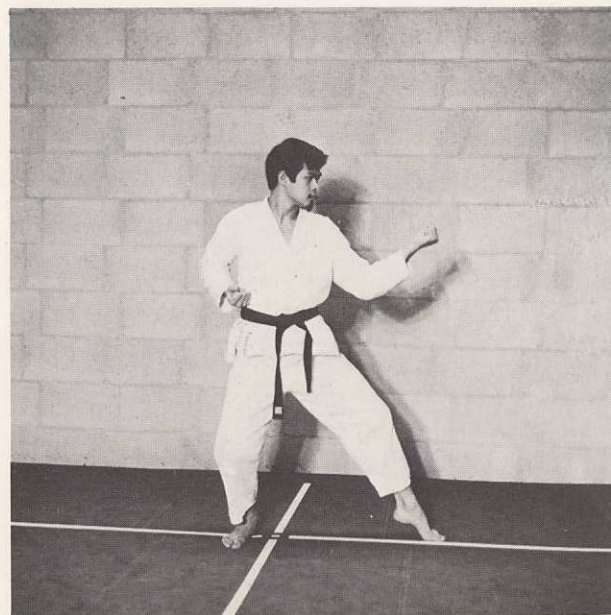
## Pinan sandan



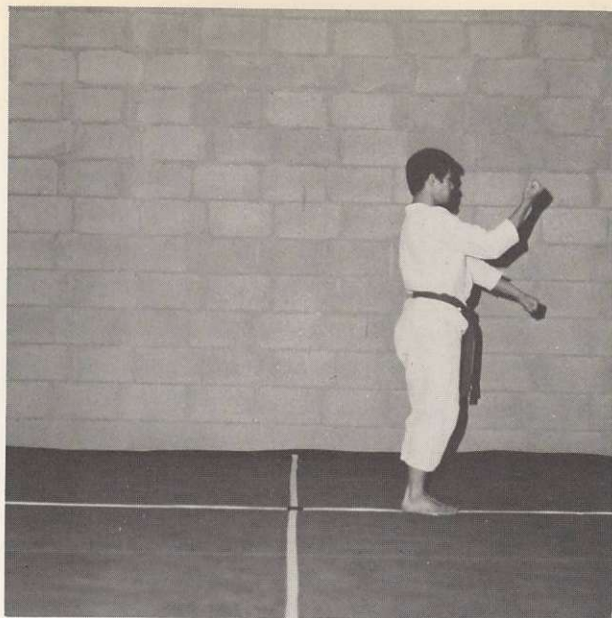
1 musubi dachi



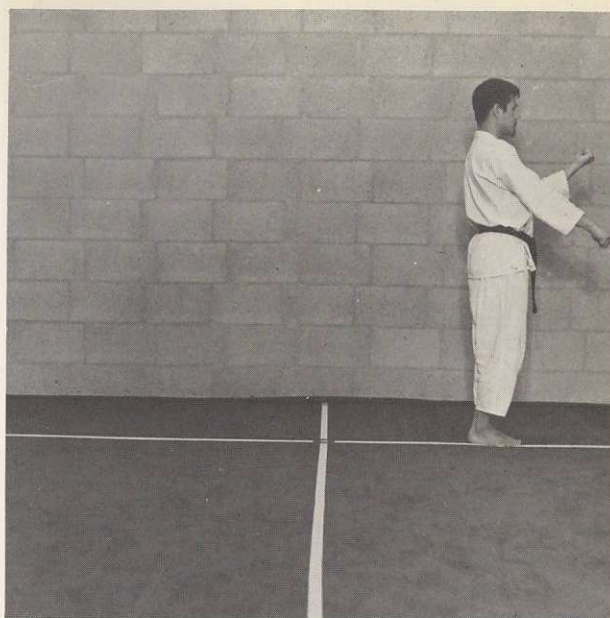
2 yoi



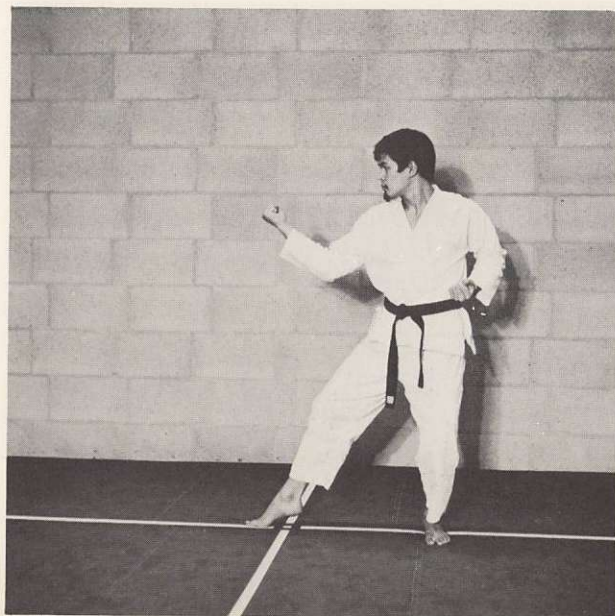
3 uchi uke



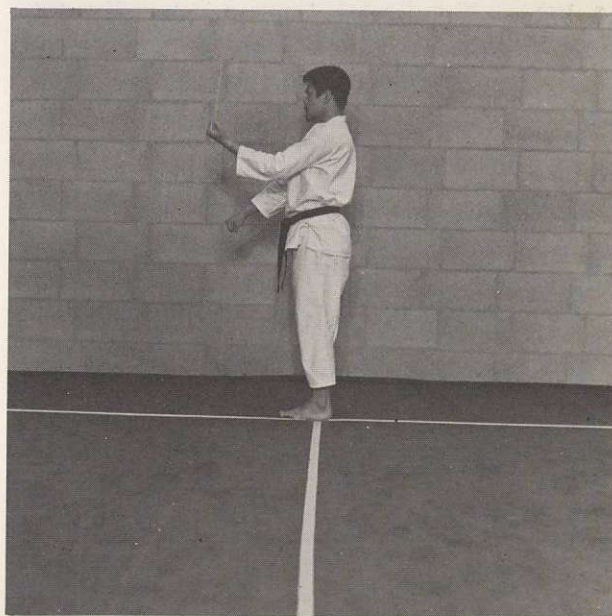
4 uchi uke+gedan barai



5 uchi uke+gedan barai

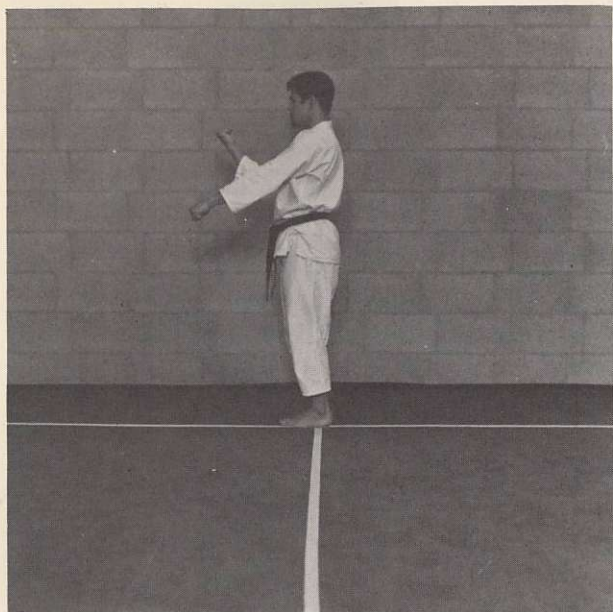


6 uchi uke



7 uchi uke + gedan barai





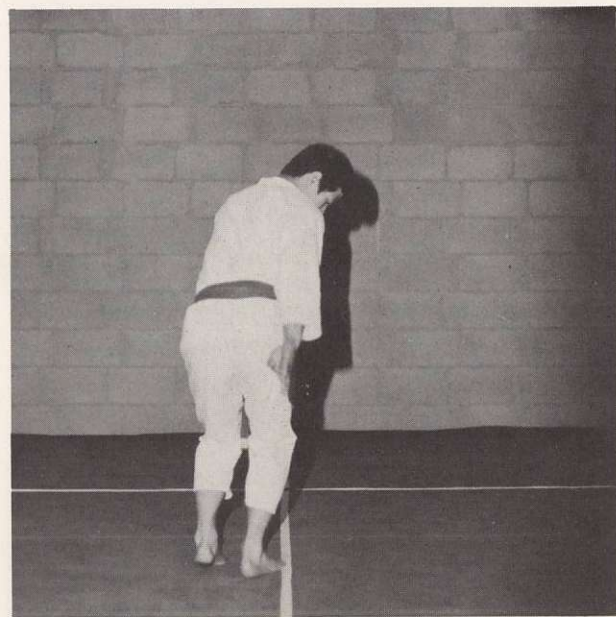
8 uchi uke+gedan barai



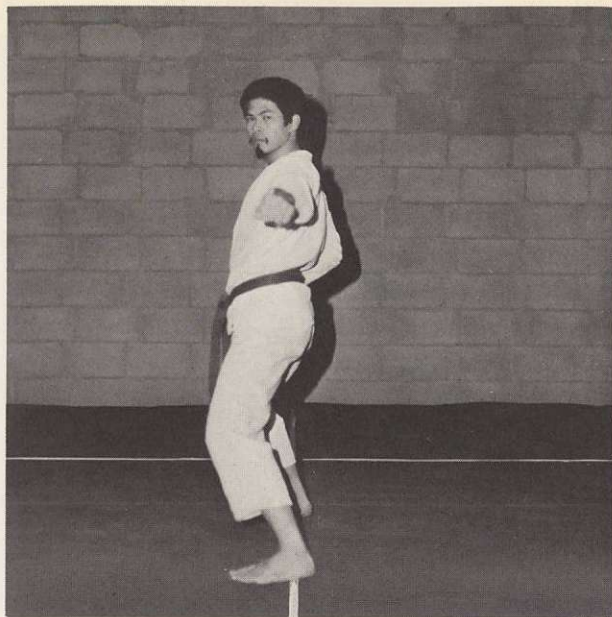
9 morote uke



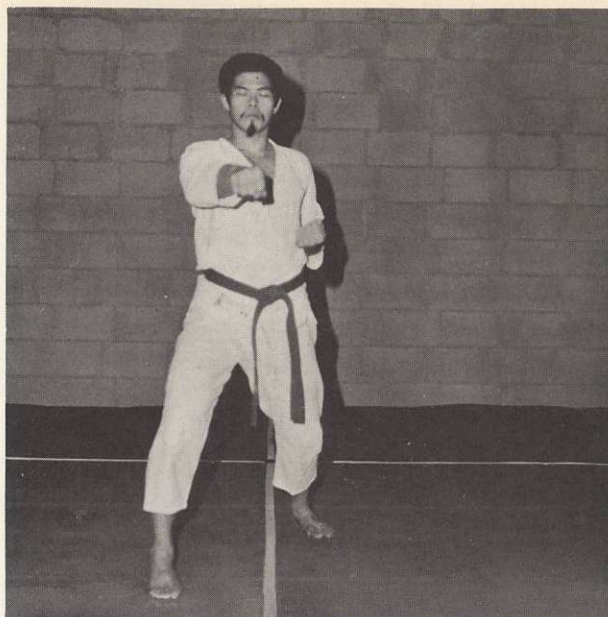
10 nukite



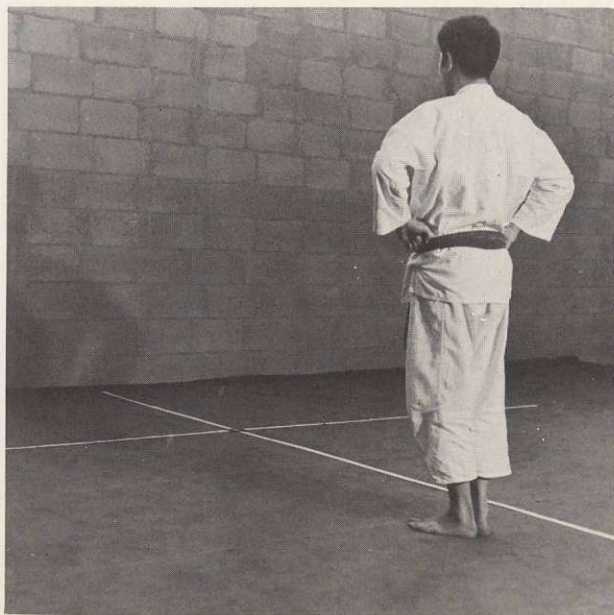
11a mawashi



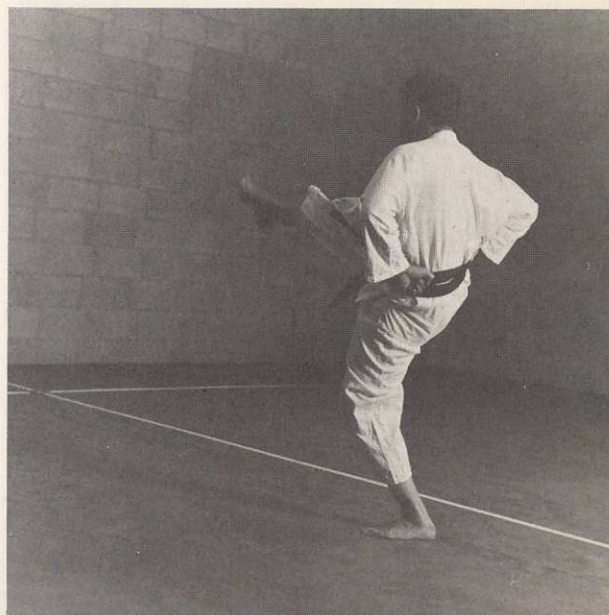
11b tetsui chûdan



12 oi zuki (2 sec)

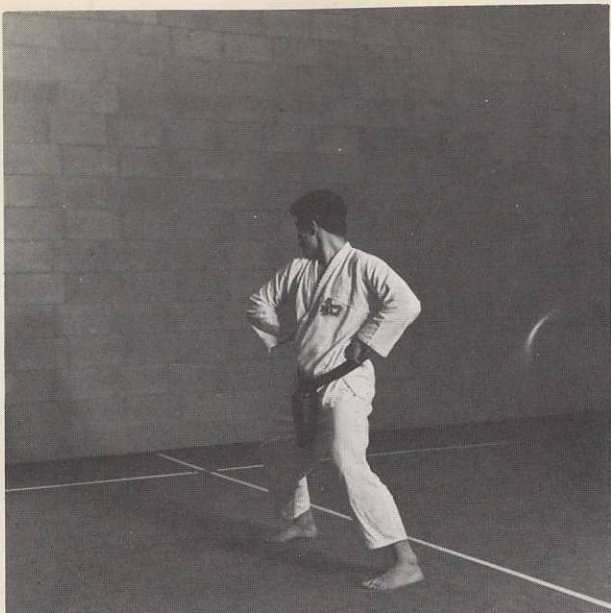


13 kamae (L+2 sec)

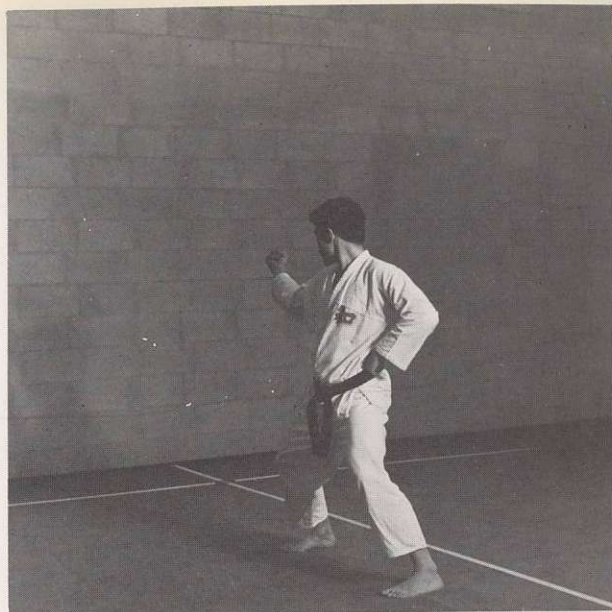


14 maegeri

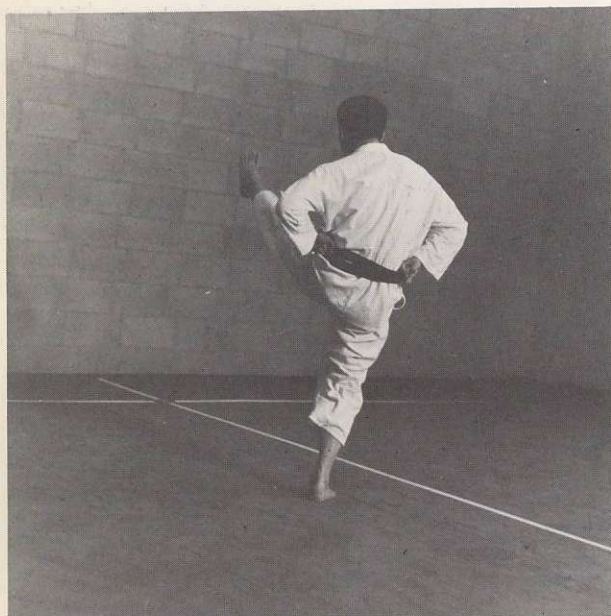




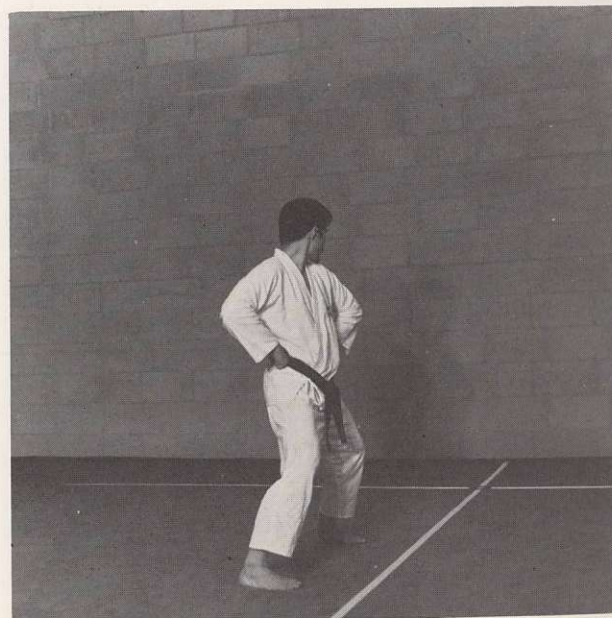
15 kata uke



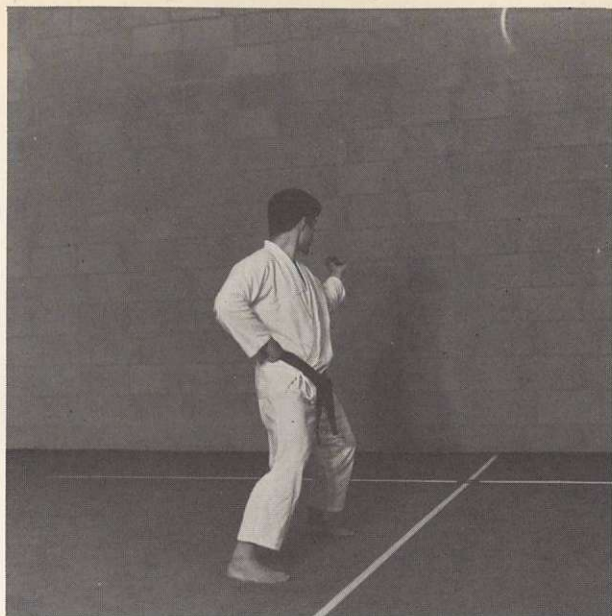
16 tate uraken



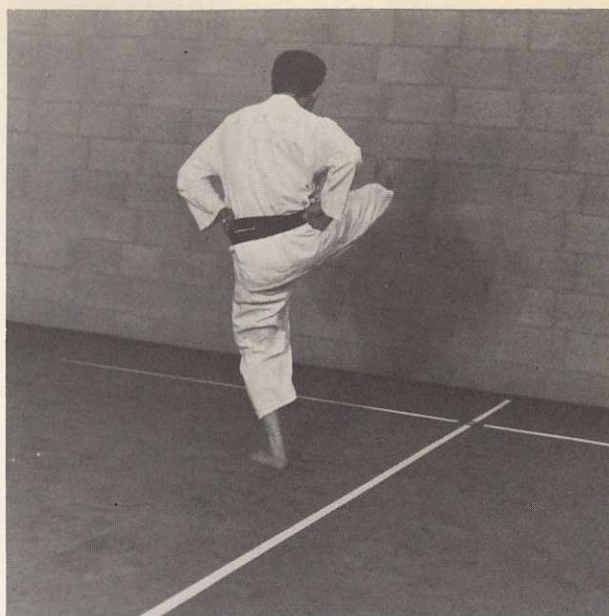
17 mae geri



18 kata uke



19 tate uraken



20 mae geri

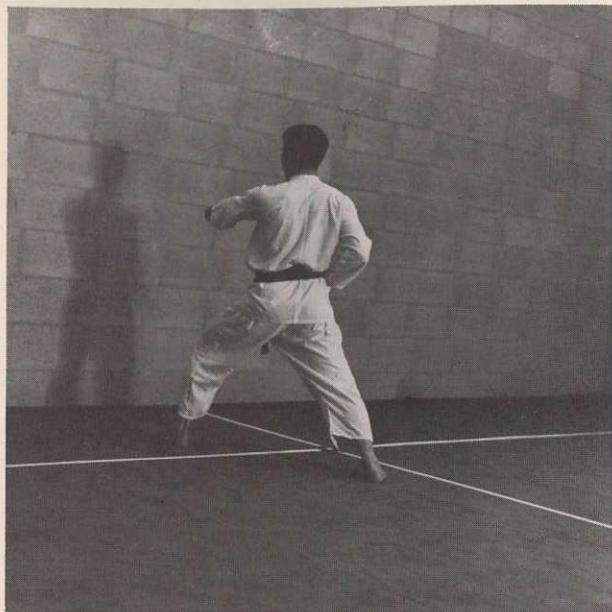


21 kata uke

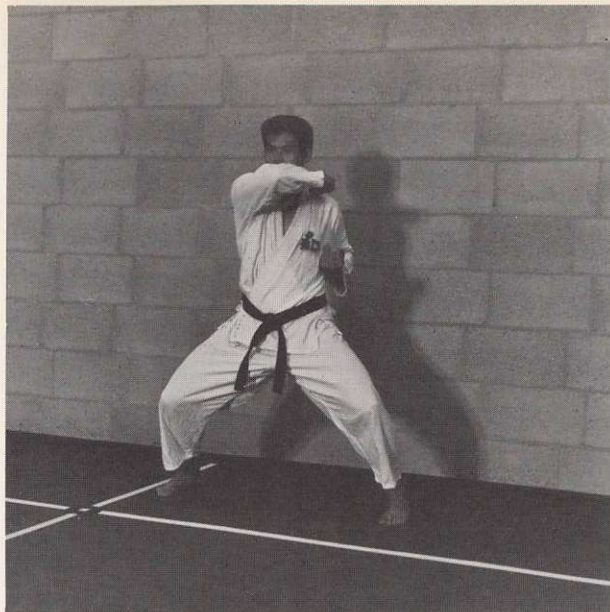


22 tate uraken (L)

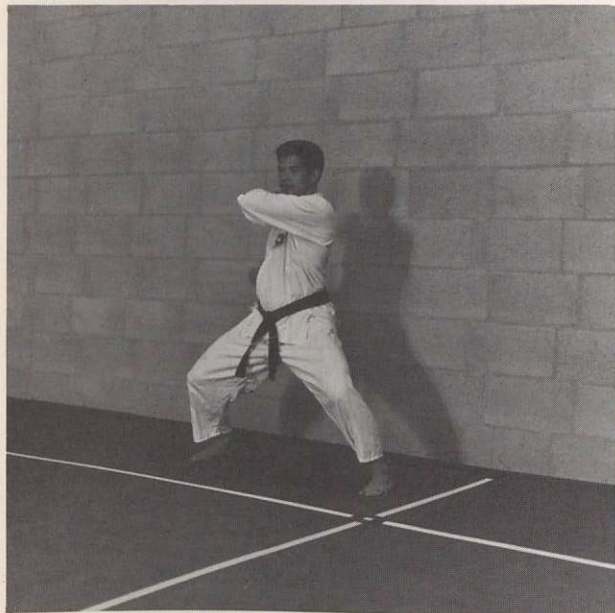




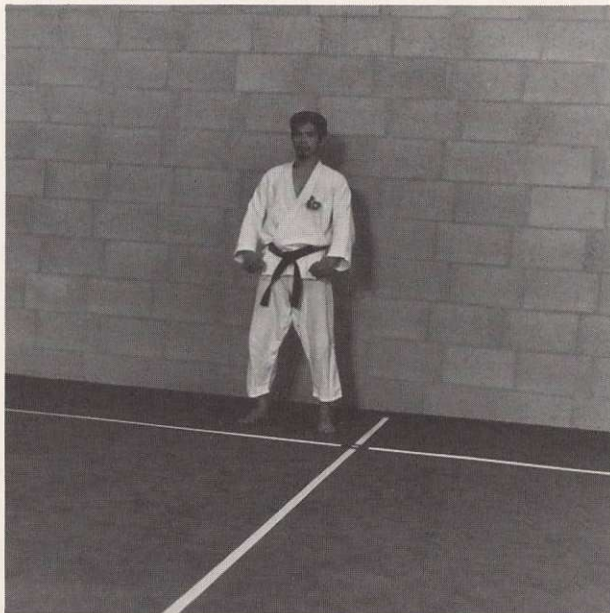
23 oi zuki



24 ushiro hiji uchi



25 ushiro hiji uchi (2 sec)



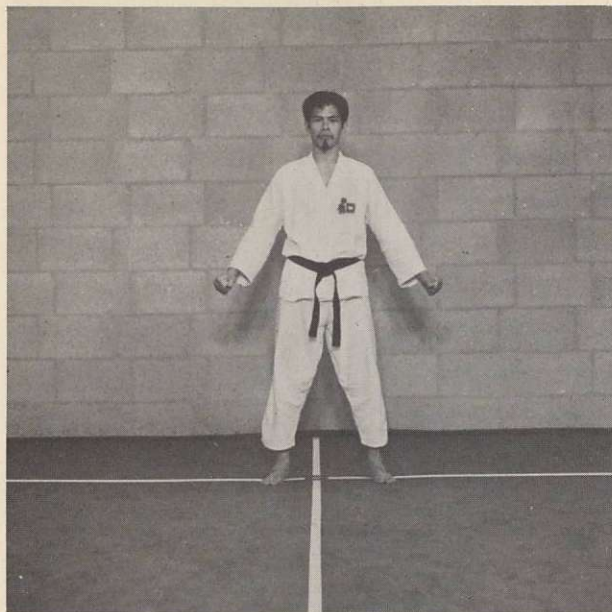
26 yame

**Kyokushinkai**

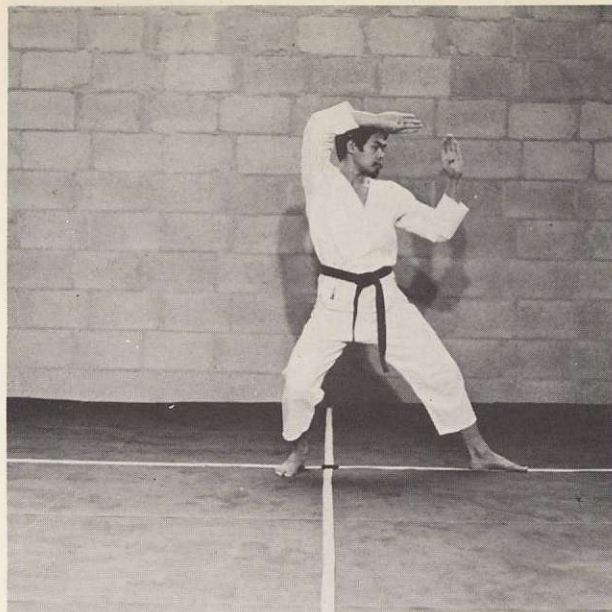
**Pinan yodan**



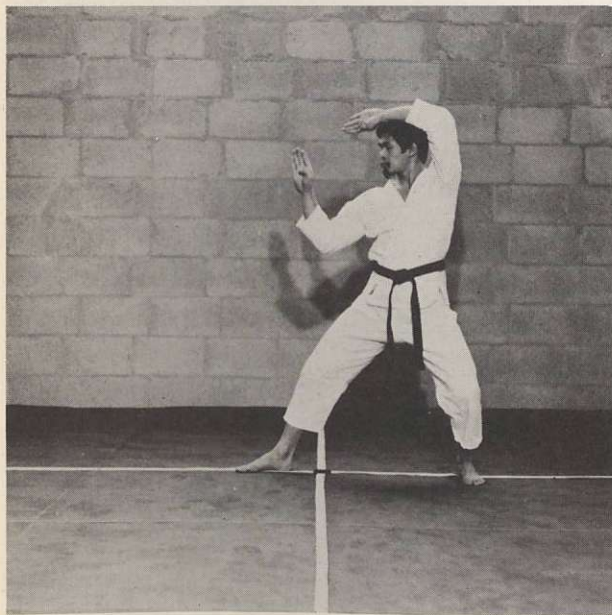




2 yōi



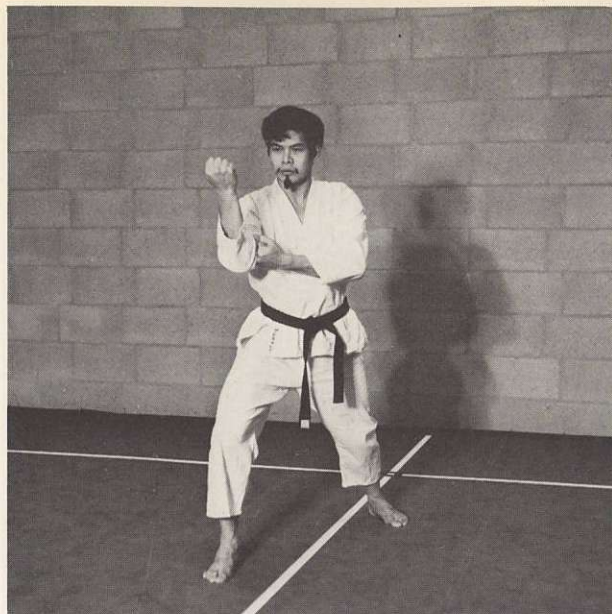
3 haishu uke



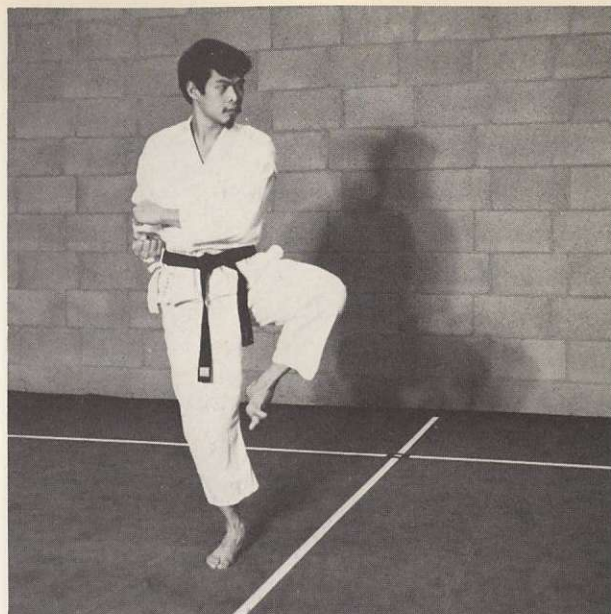
4 haishu uke



5 gedan jûji uke



6 morote uke



7 kamae (O)

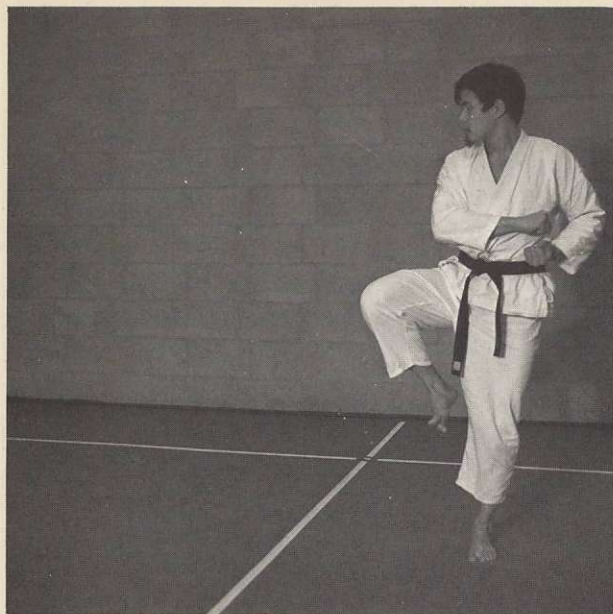


8 sokutô+uraken



9 mae enpi uchi

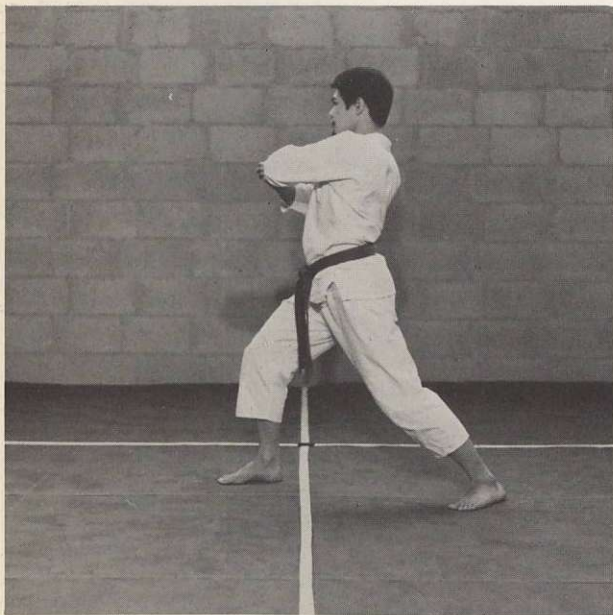




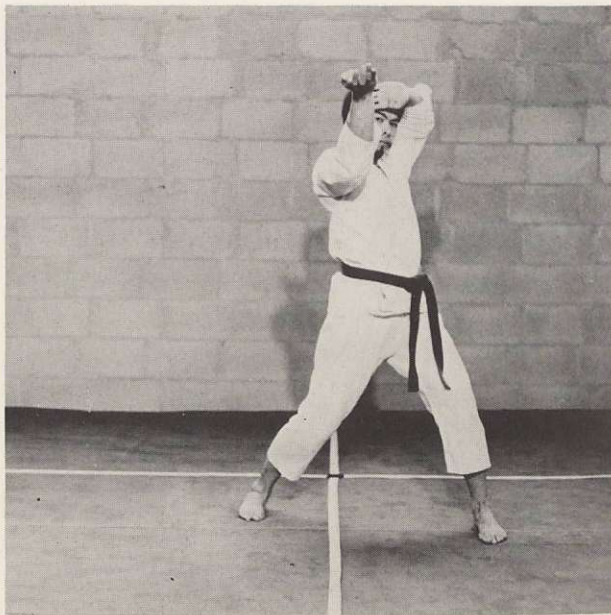
10 kamae (O)



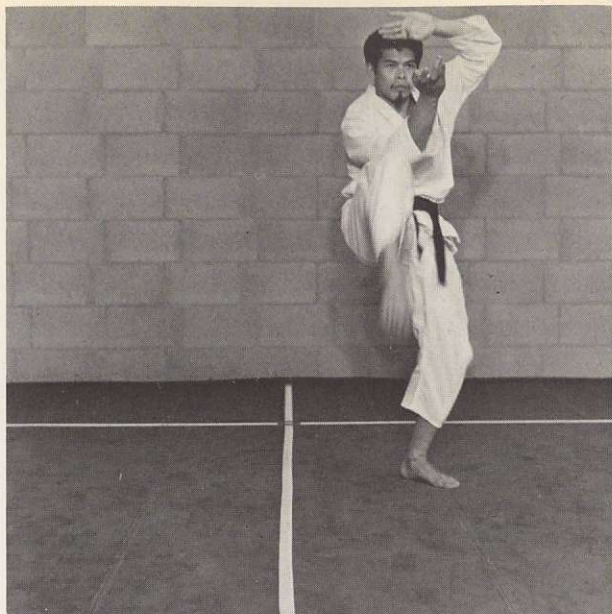
11 sokutô+uraken



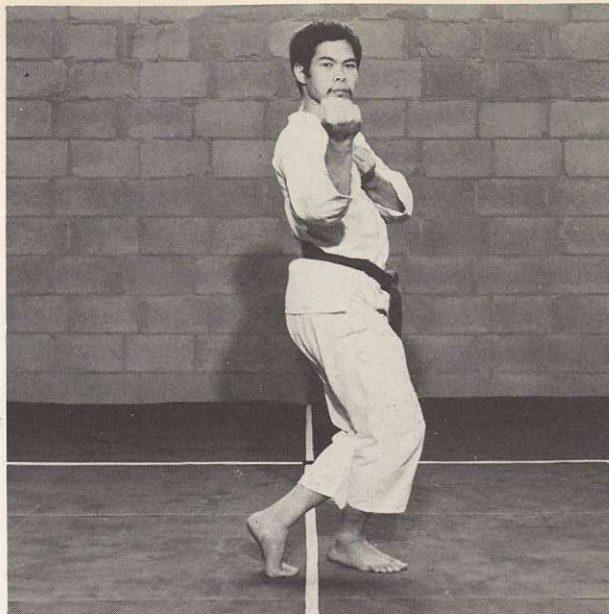
12 hiji uchi



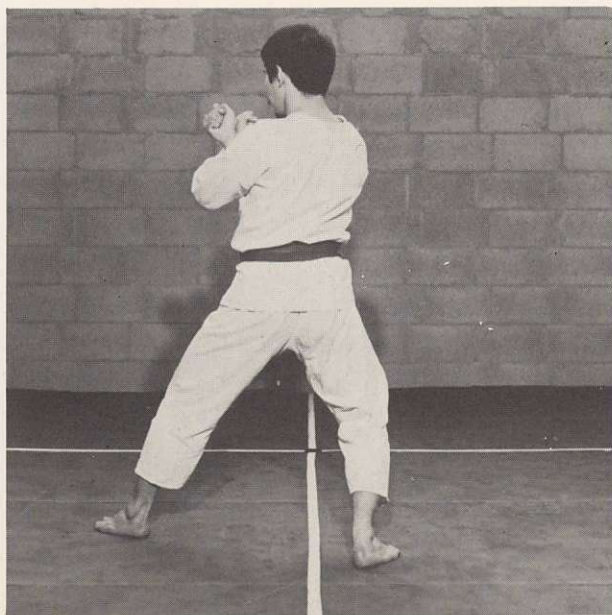
13 shutô uchi



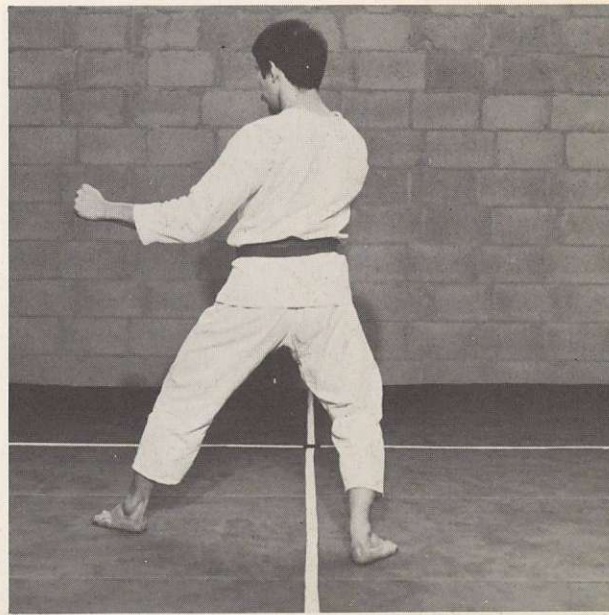
14 mae geri



15 tate uraken (2 sec)



16

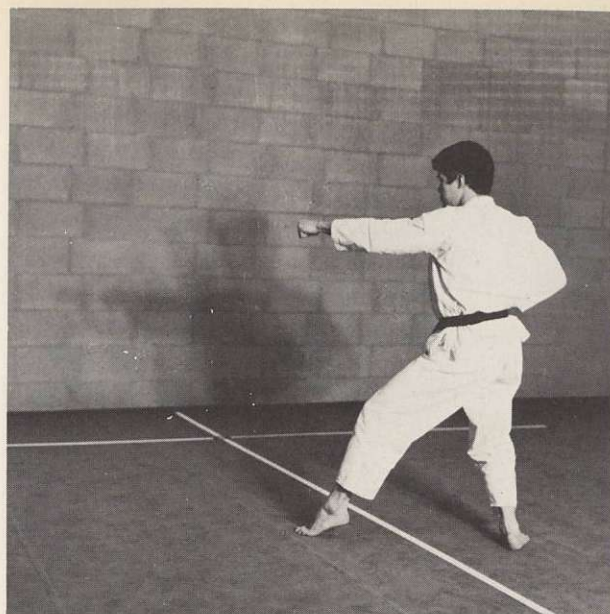


17 kakiwake uke (L)

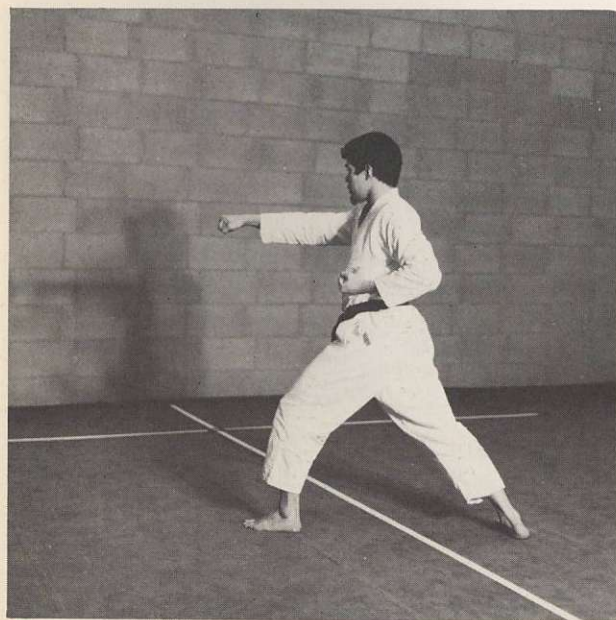




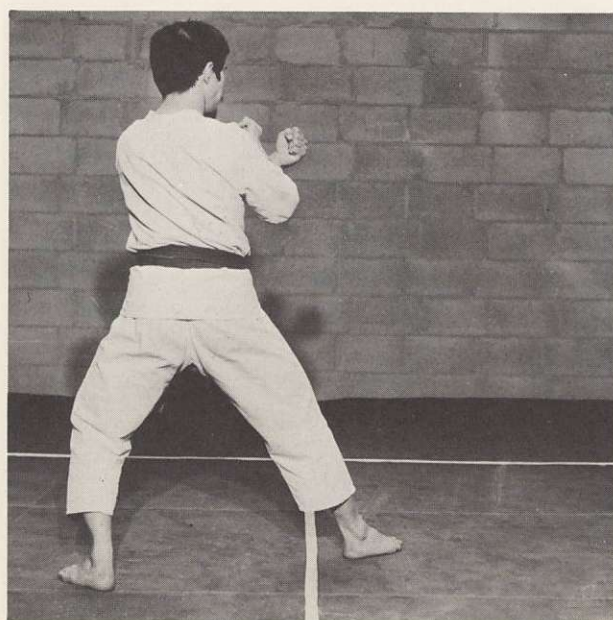
18 mae geri



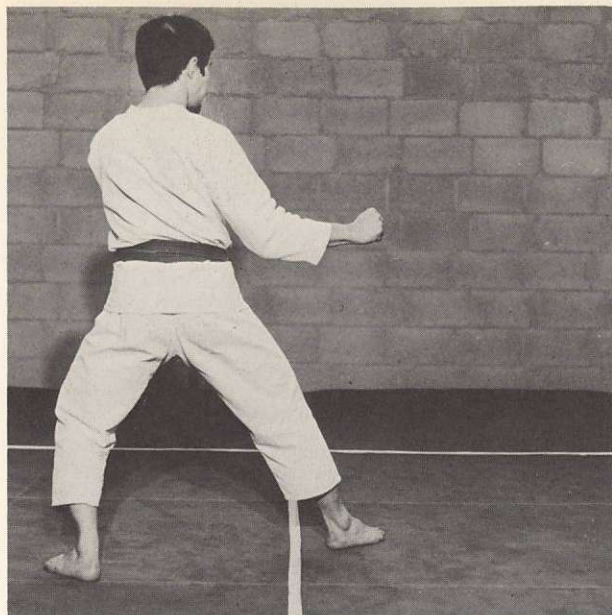
19 oi zuki



20 gyaku zuki



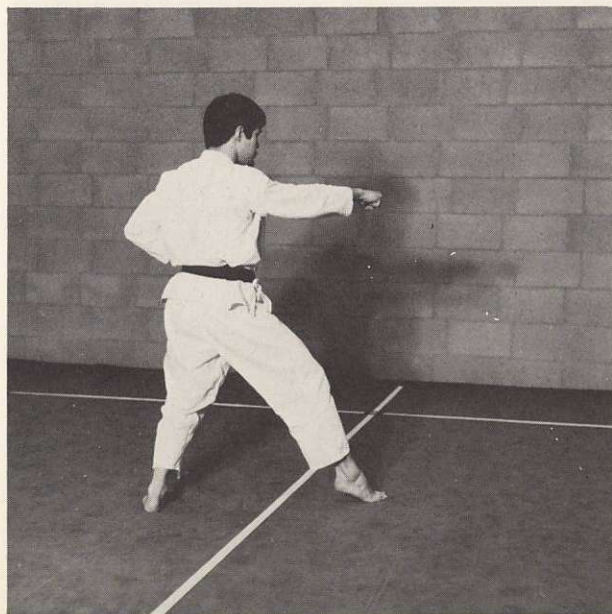
21



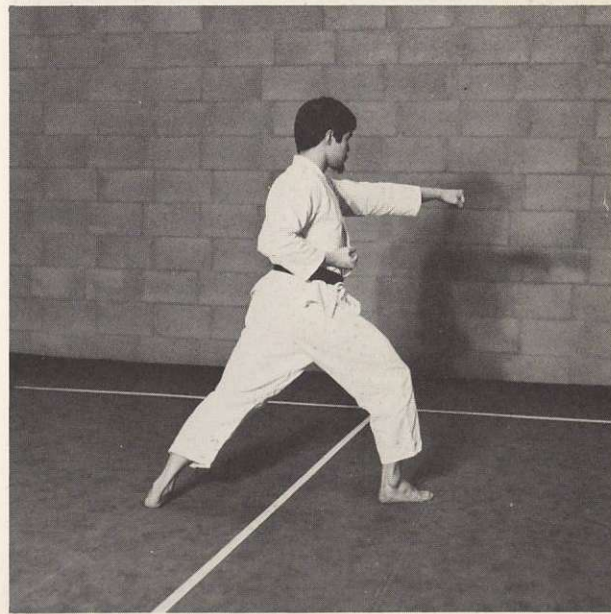
22 kakiwake uke (L)



23 mae geri

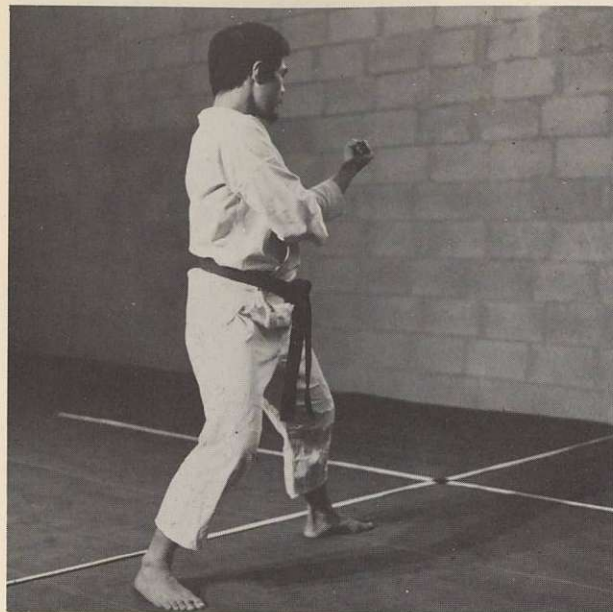


24 oi zuki

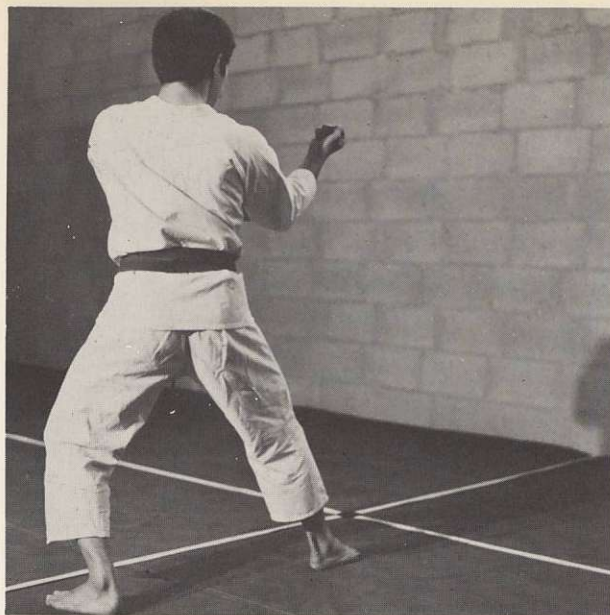


25 gyaku zuki

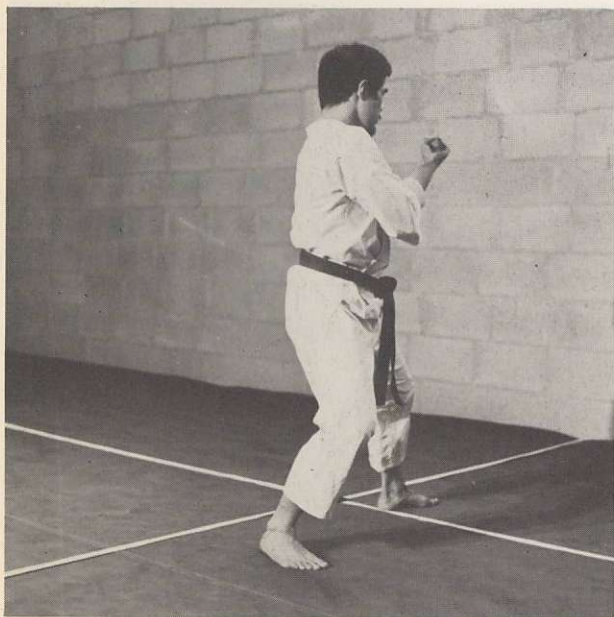




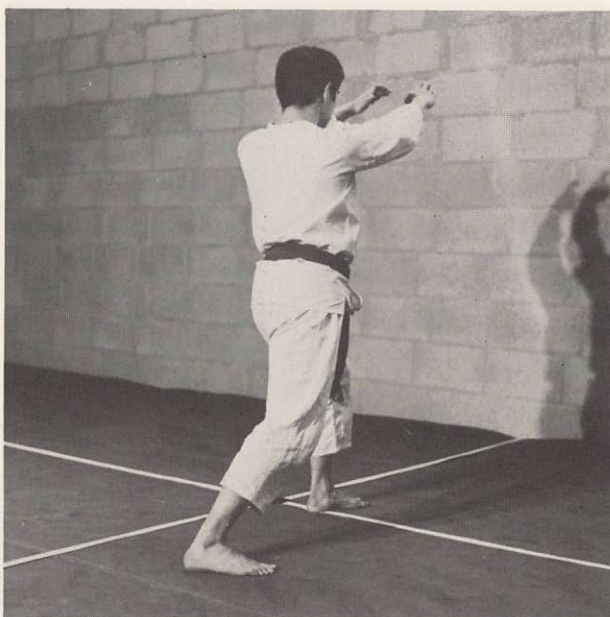
26 morote uke



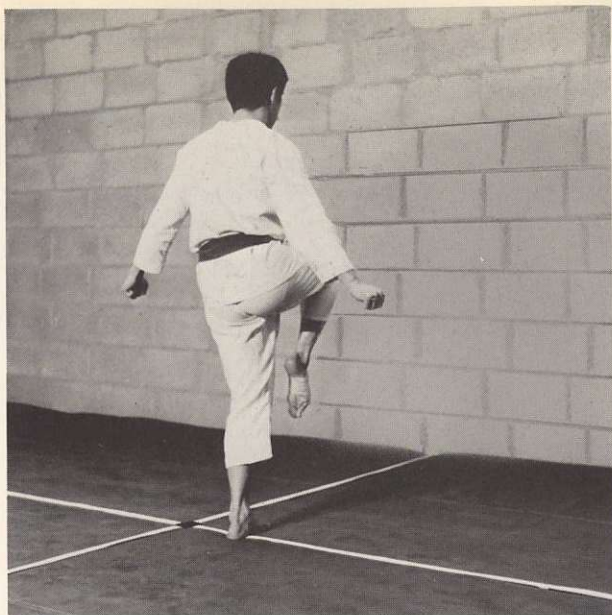
27 morote uke



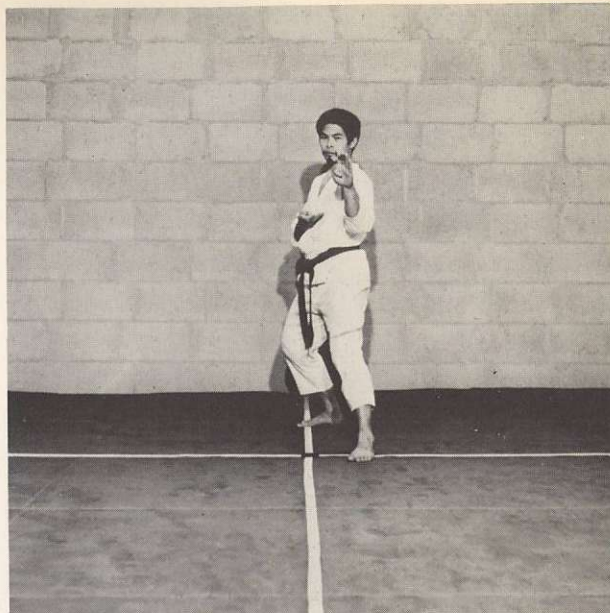
28 morote uke



29 tsukami



30 hiza geri



31 shutô uke (1 sec)



32 shutô uke (2 sec)



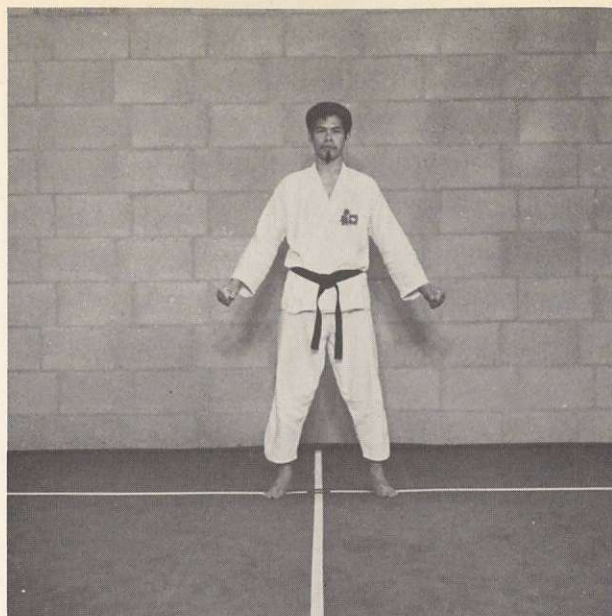
33 yame



# Kyokushinkai

## Pinan godan

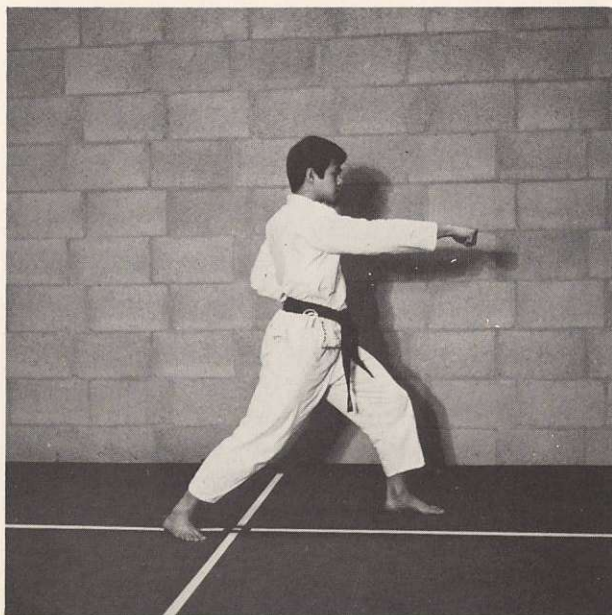




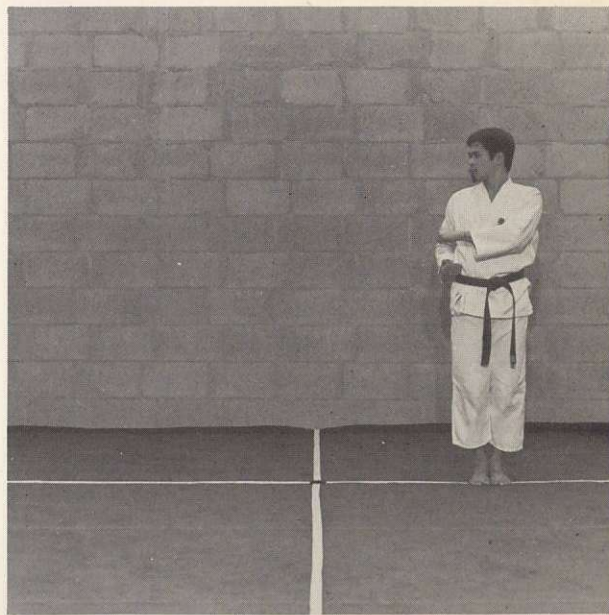
2 yōi



3 uchi uke

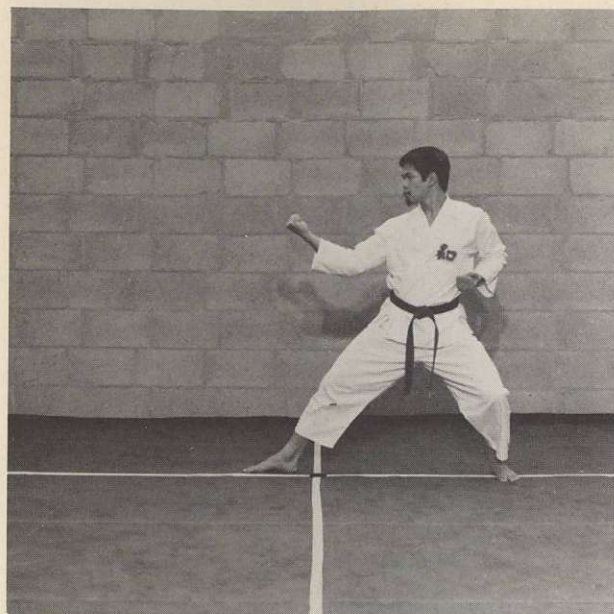


4 gyaku zuki

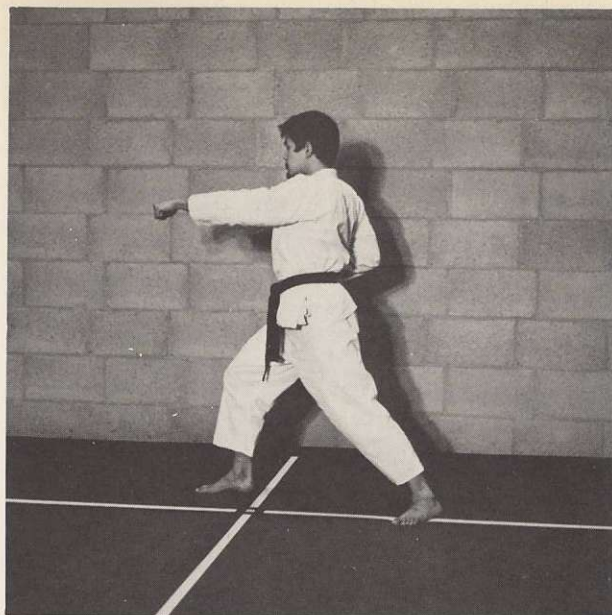


5 kamae (L+1 sec)





6 uchi uke



7 gyaku zuki



8 kamae (L+1 sec)



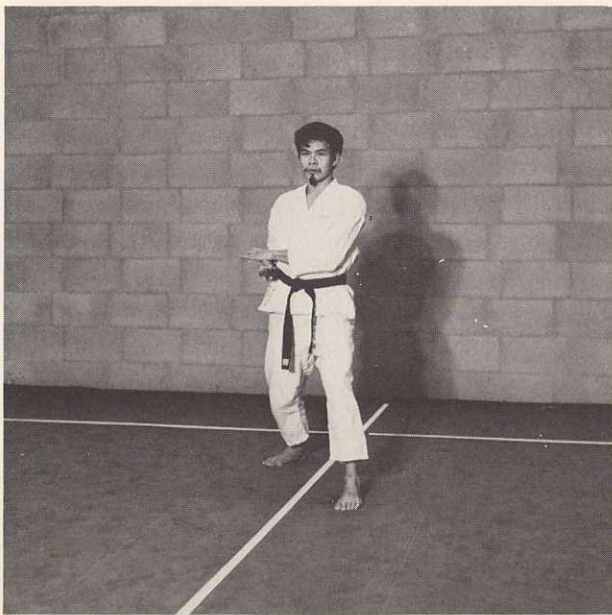
9 morote uke



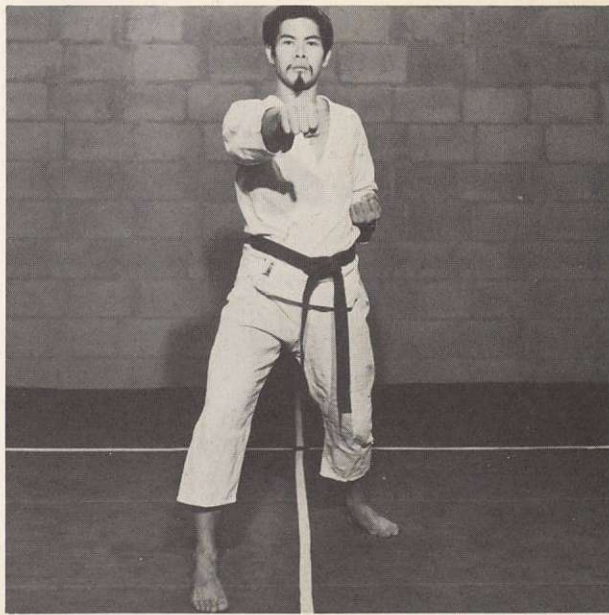
10 gedan jûji uke



11 jôdan jûji uke



12a kamae (O)

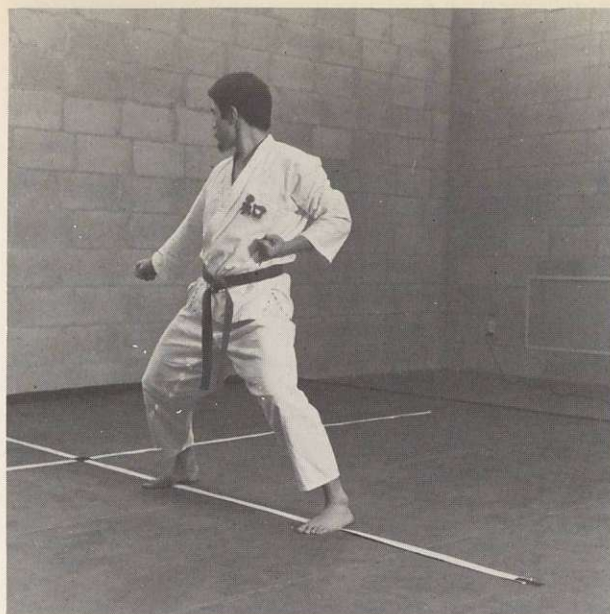


12b oi zuki





12c oi zuki (2 sec)



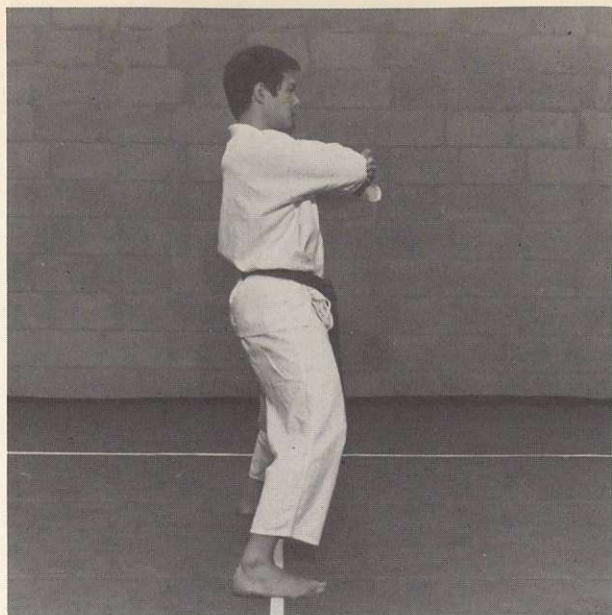
13 gedan barai



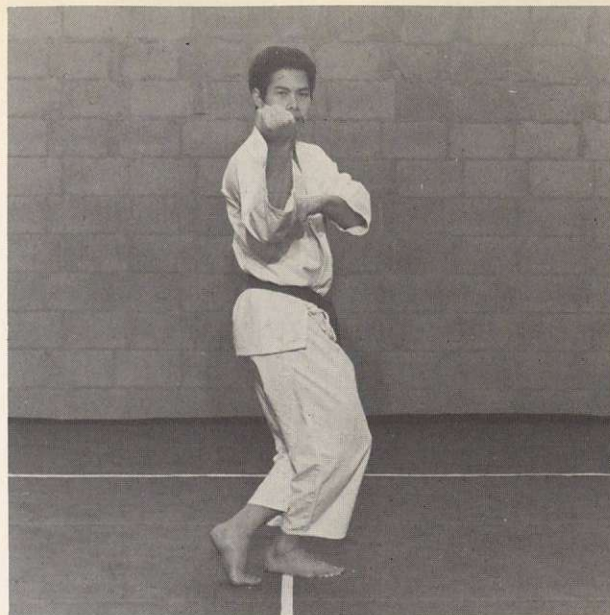
14 haishu uke (O)



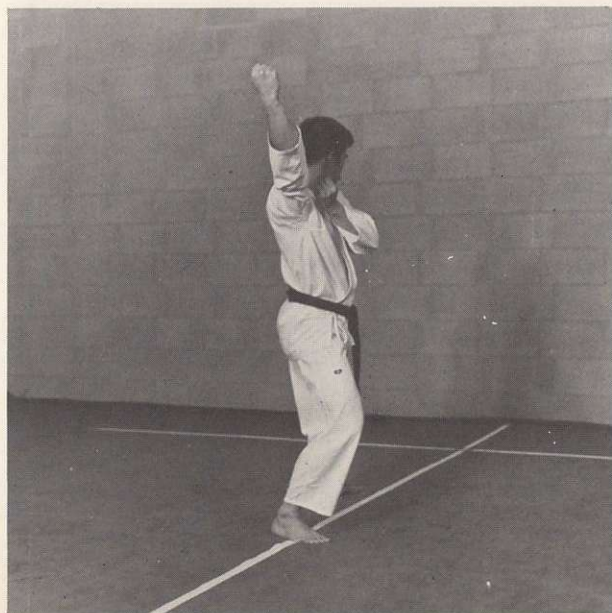
15 mikazuki geri



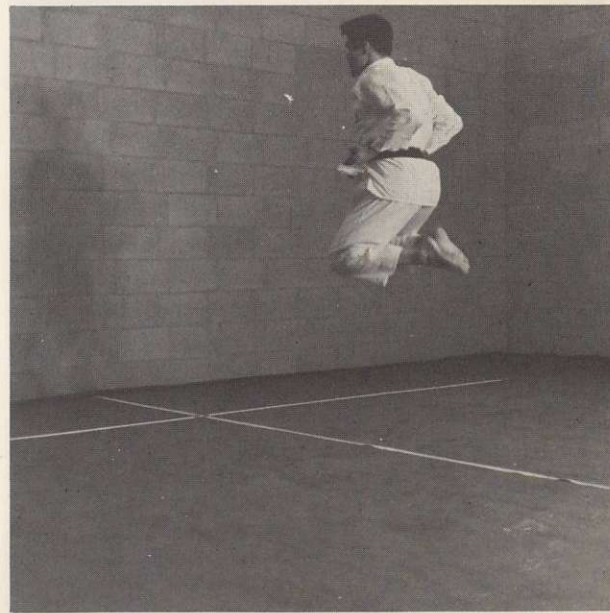
16 hiji uchi



17 morote uke

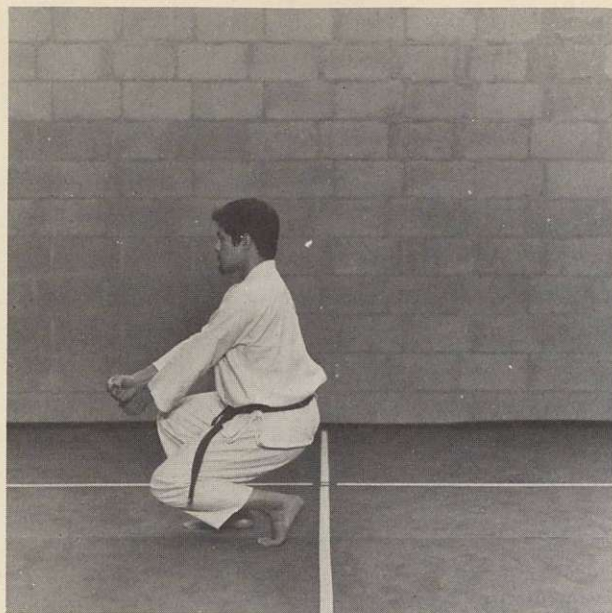


18 ushiro morote age zuki

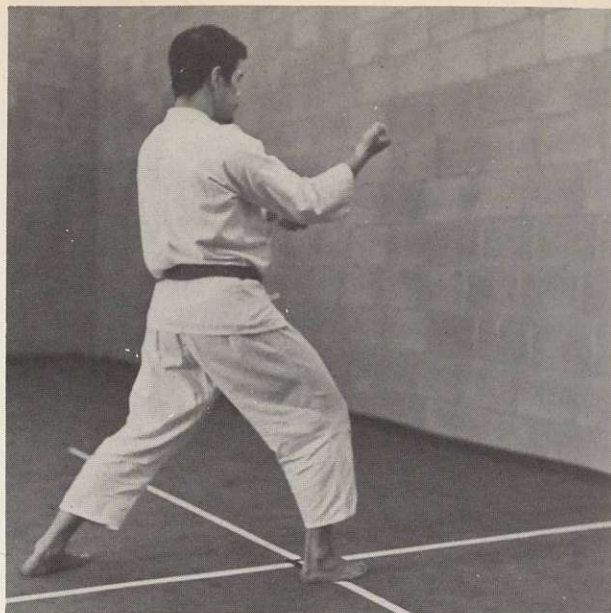


19a tobikomi

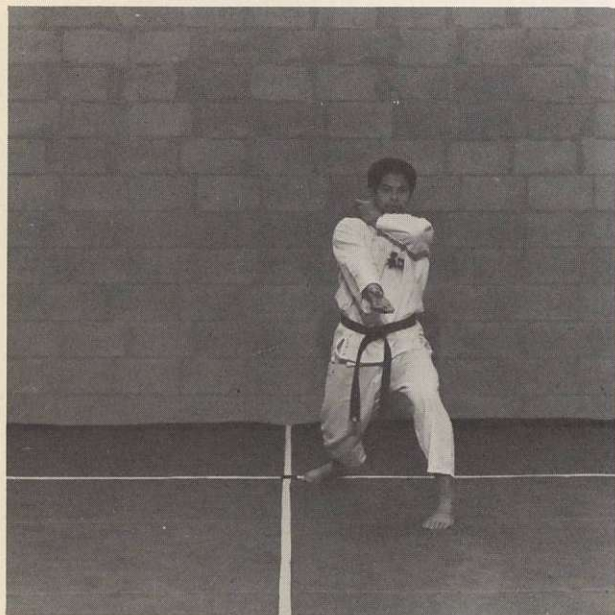




19b gedan jûji uke



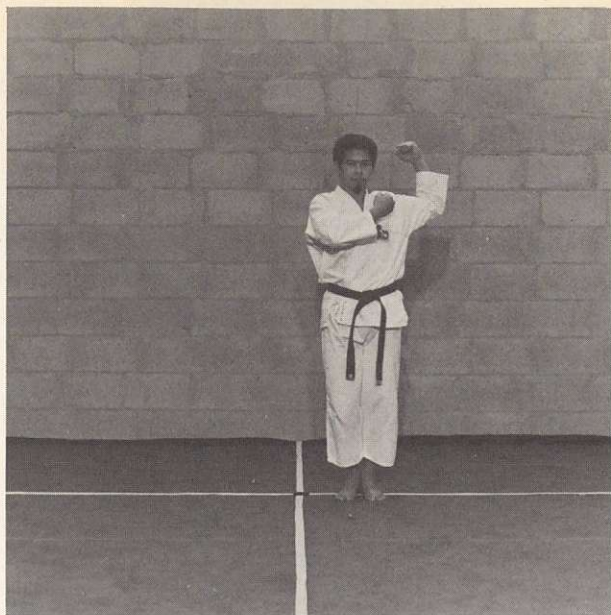
20 morote uke



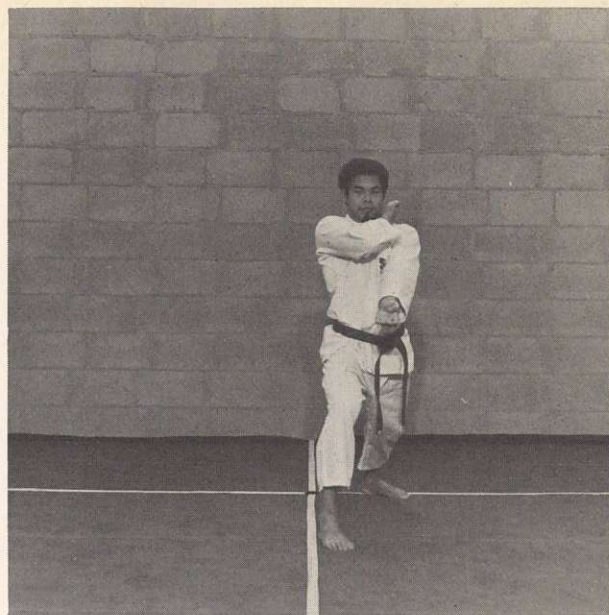
21 gedan hiza uchi



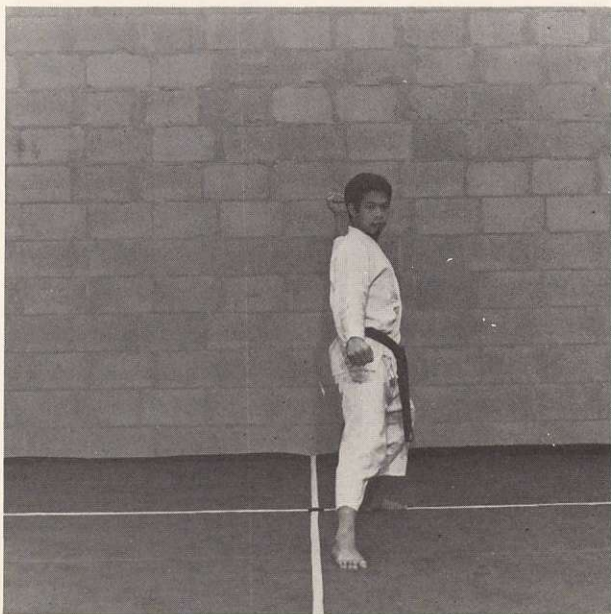
22 kamae



23a (O)



23b gedan hiza uchi



24 kamae

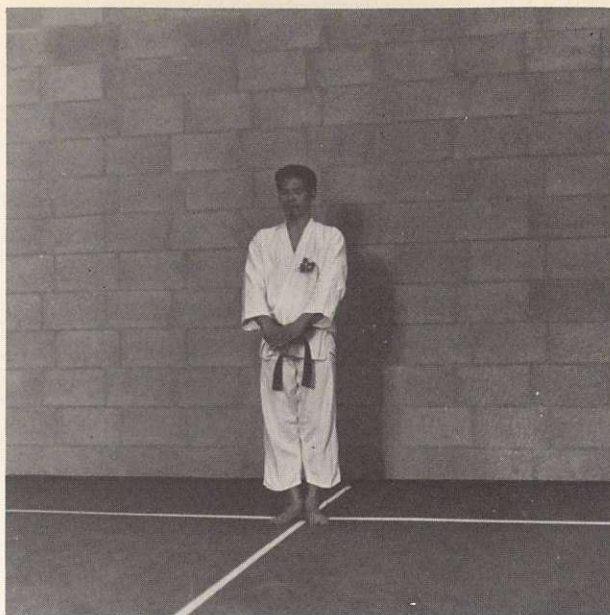


25 yame

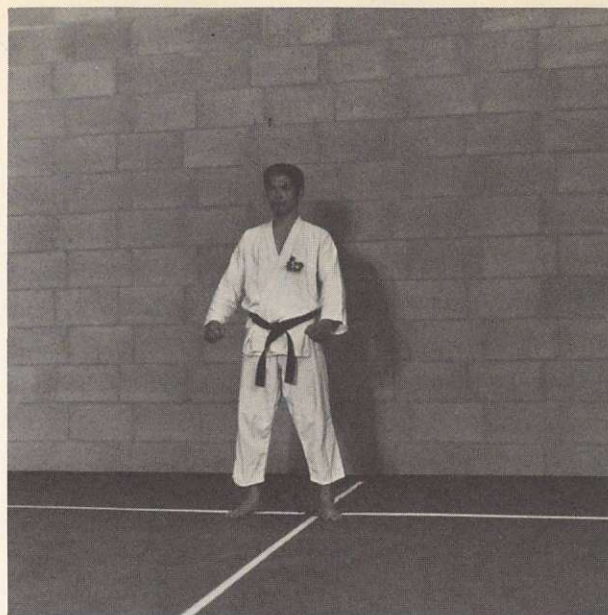


**Kyokushinkai**

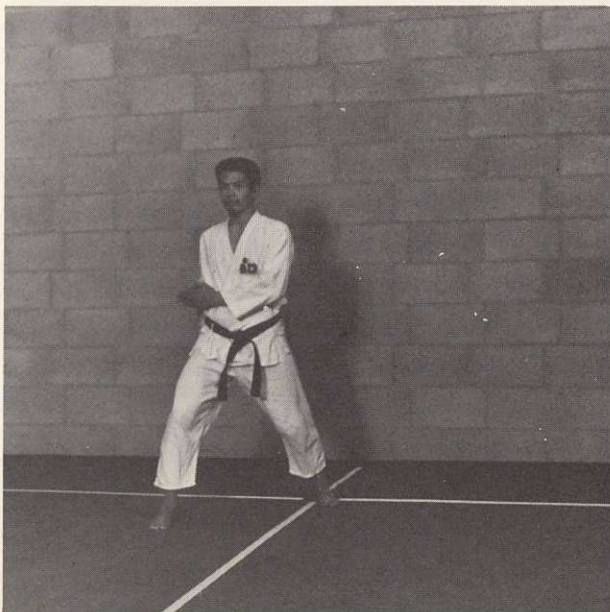
**Saifa**



1 musubi dachi



2 soto hachiji dachi

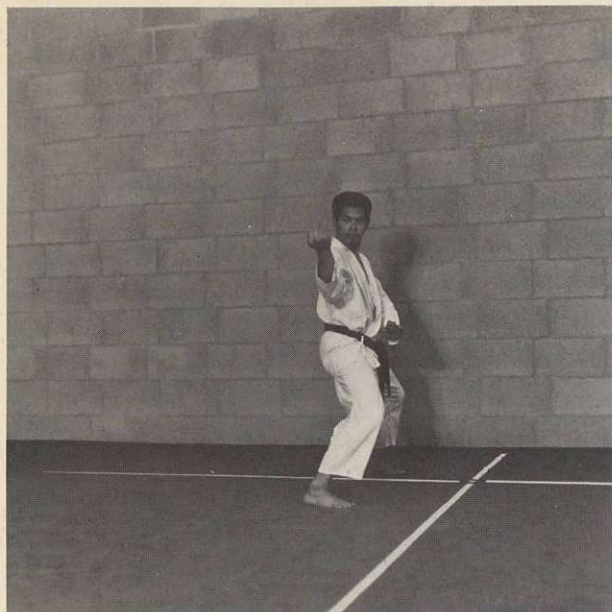


3 hachiji dachi kamae

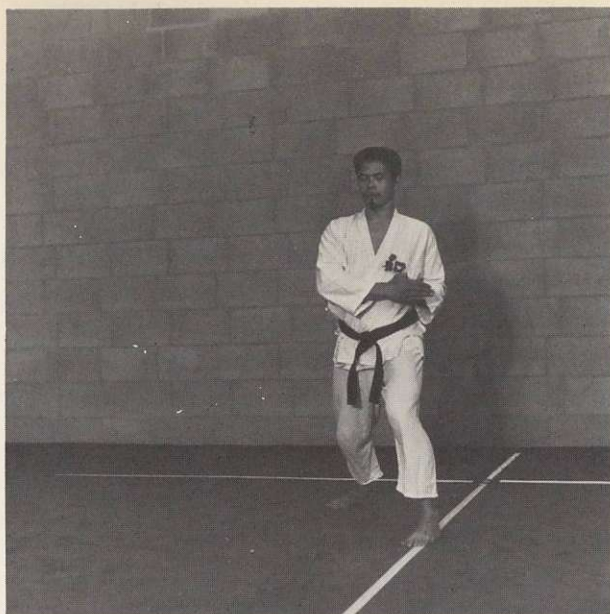


4 hiji uchi

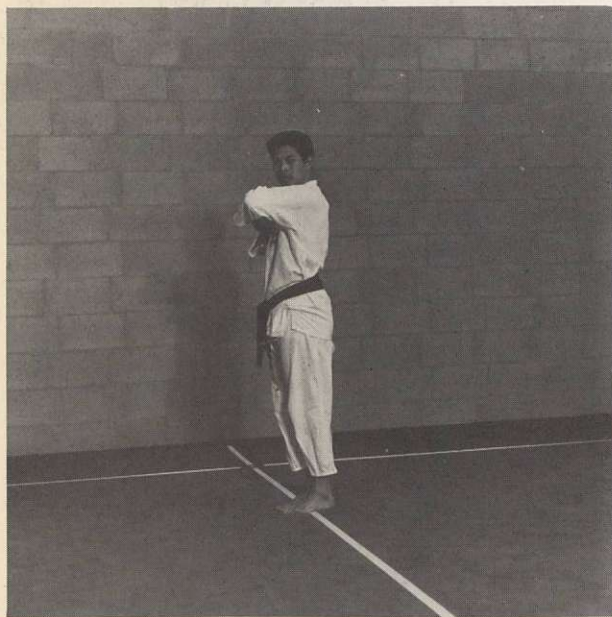




5 uraken



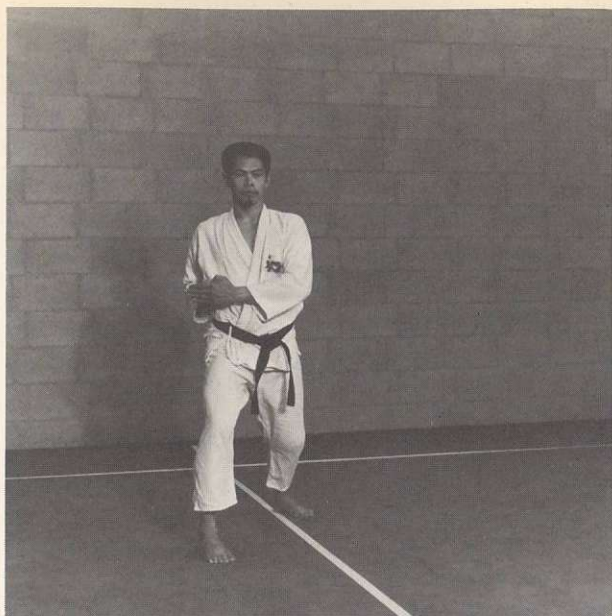
6 hachiji dachi kamae



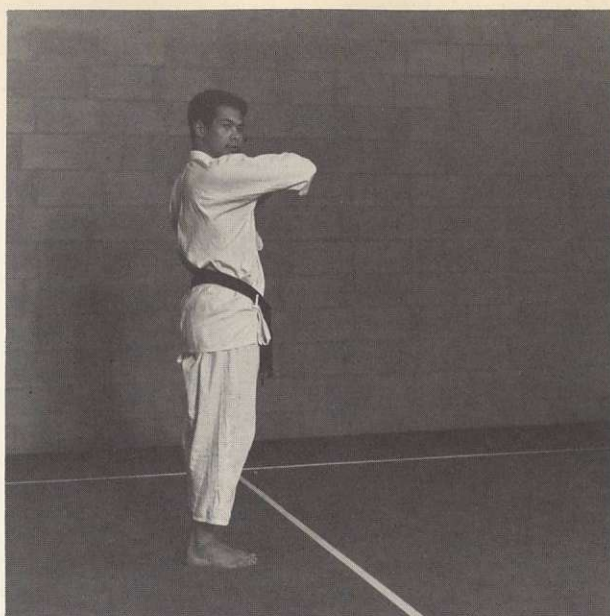
7 hiji uchi



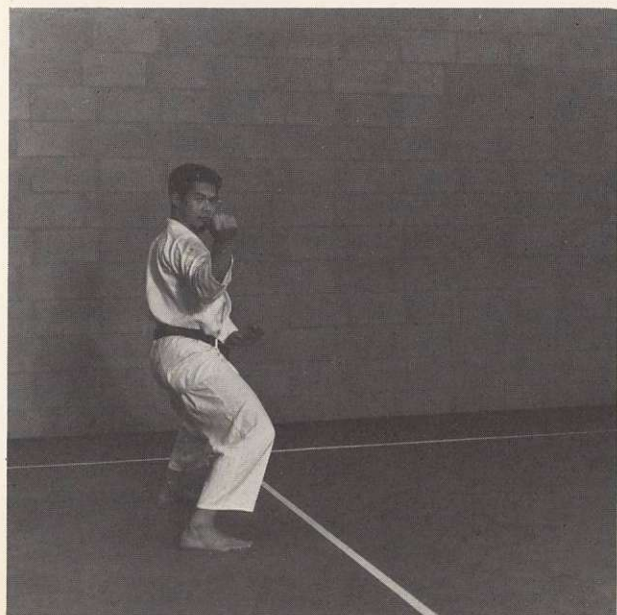
8 uraken



9 hachiji dachi kamae



10 hiji uchi

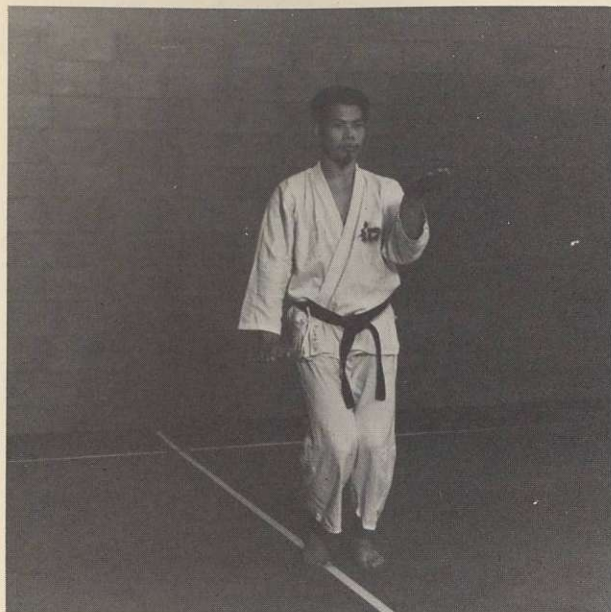


11 uraken



12 (O)

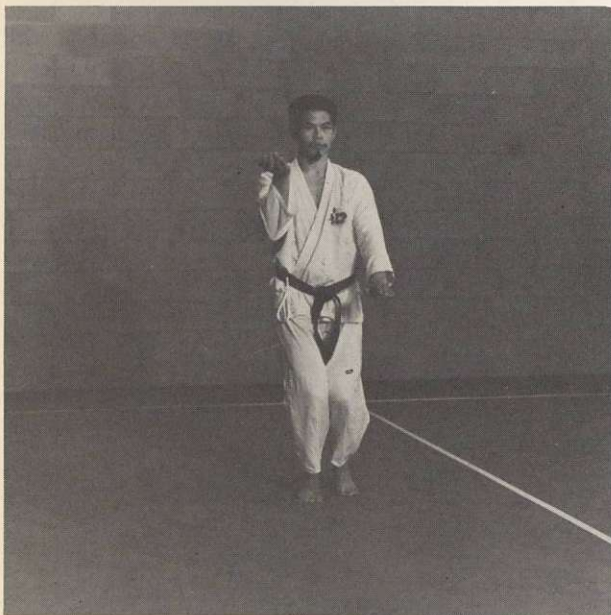




13 yoko uke+gedan barai



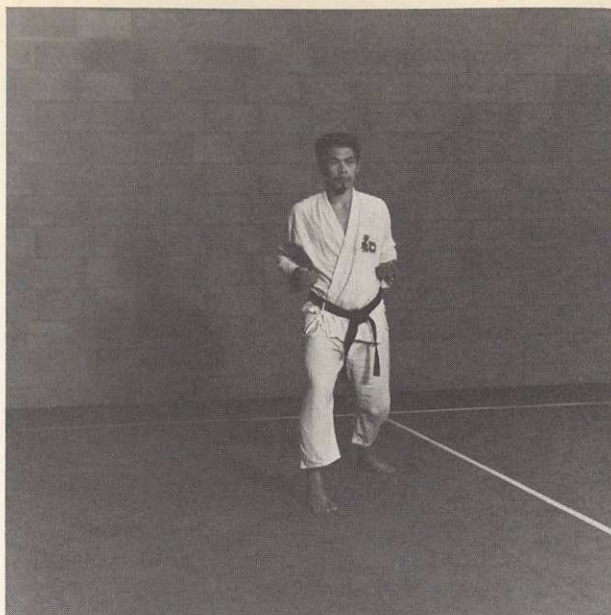
14 mae geri



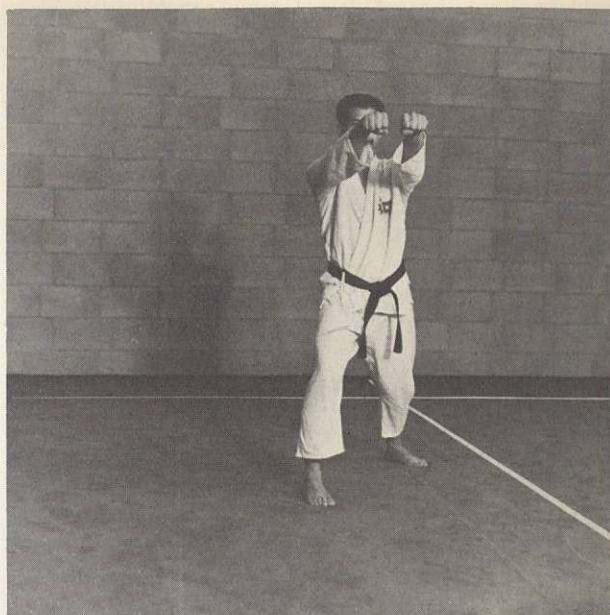
15 yoko uke+gedan barai



16 mae geri



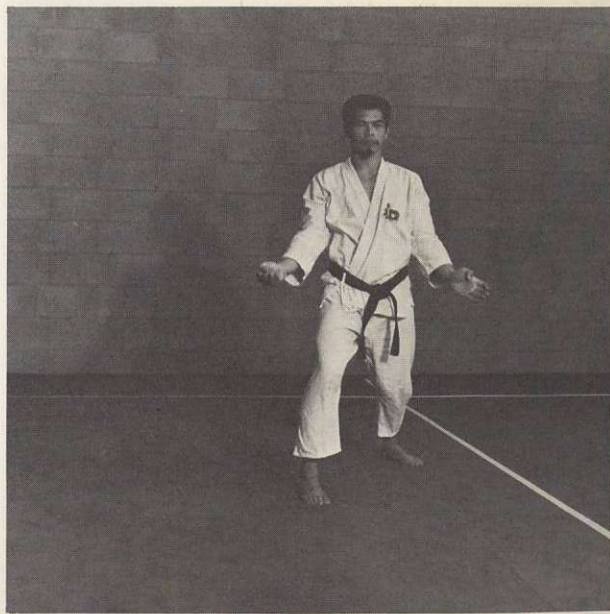
17 zenkutsu dachi kamae



18 morote jōdan zuki



19

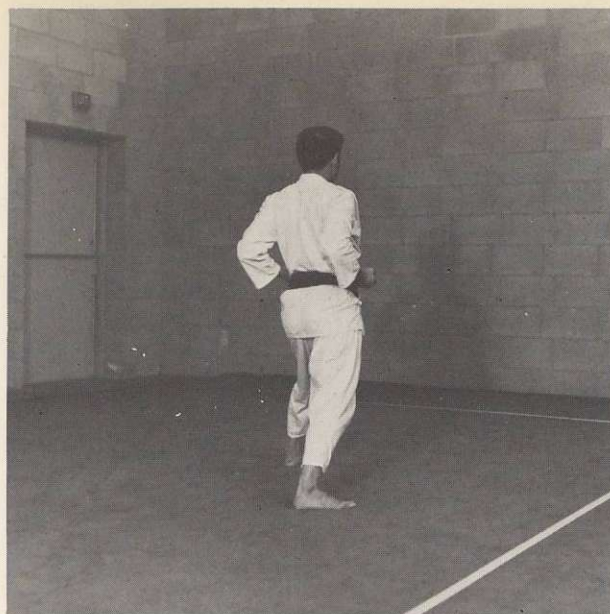


20

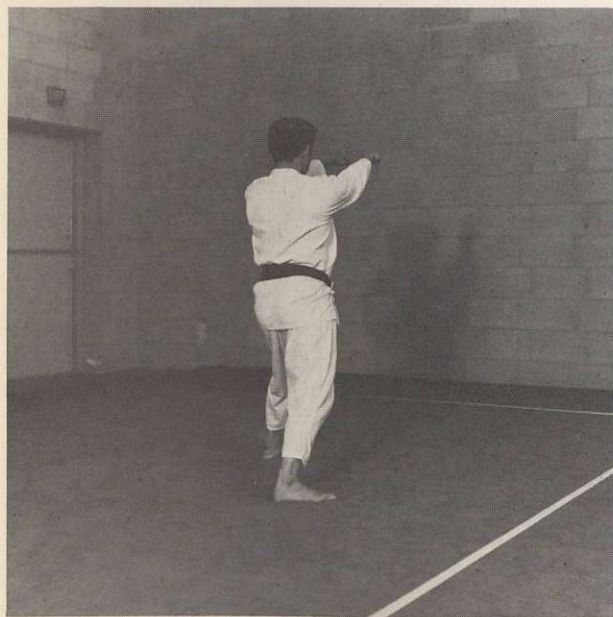




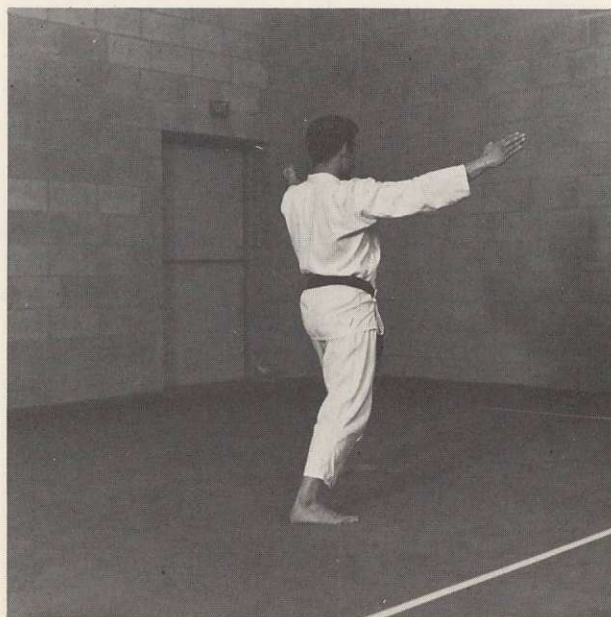
21 tettsui



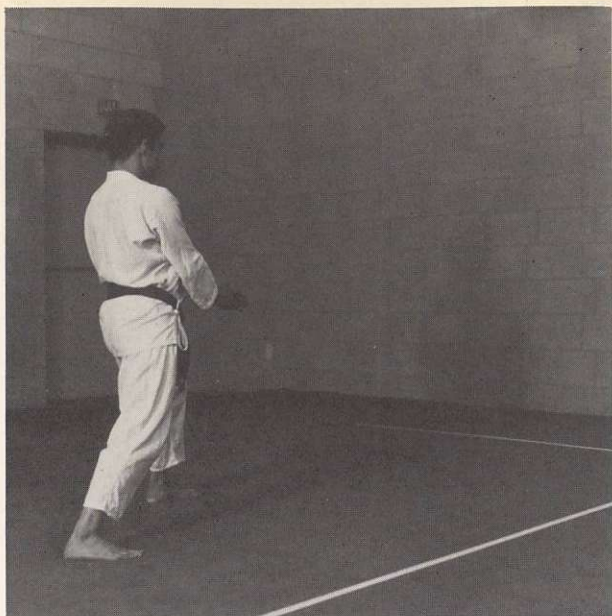
22 zenkutsu dachi kamae



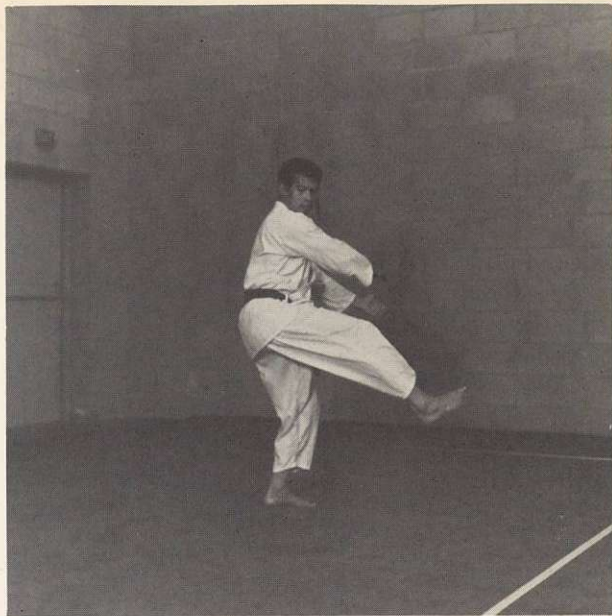
23 morote jōdan zuki



24



25 tettsui



26 de ashi barai



27 tettsui (sanchin dachi)

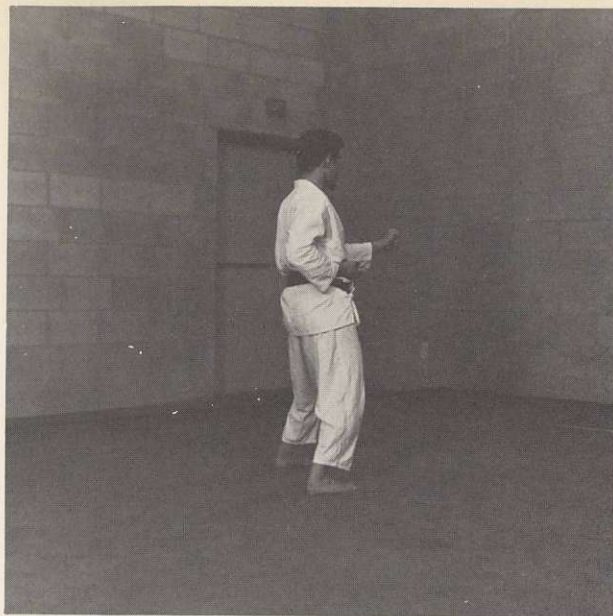


28 gedan zuki (sanchin dachi)

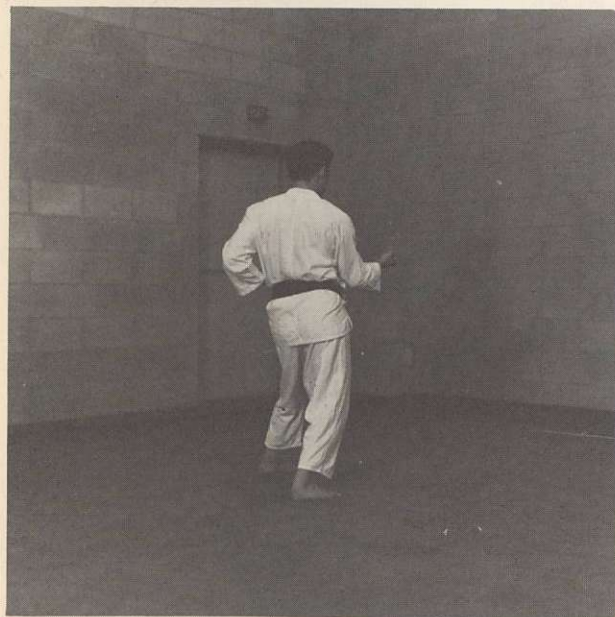




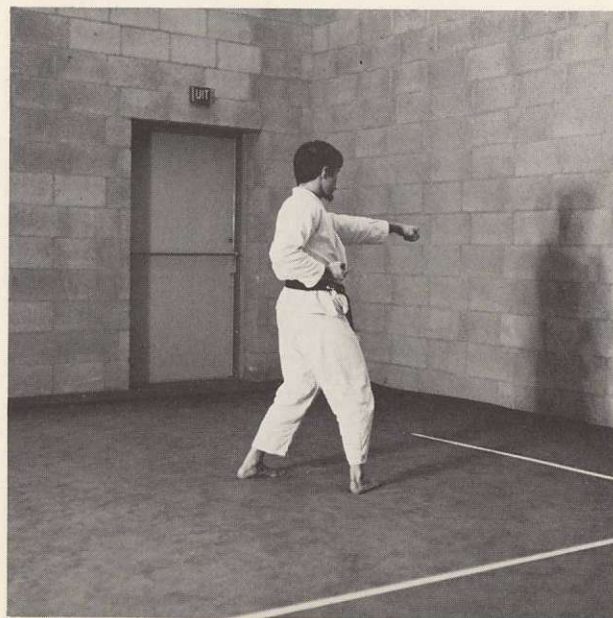
29 de ashi barai



30 tetsui (sanchin dachi)



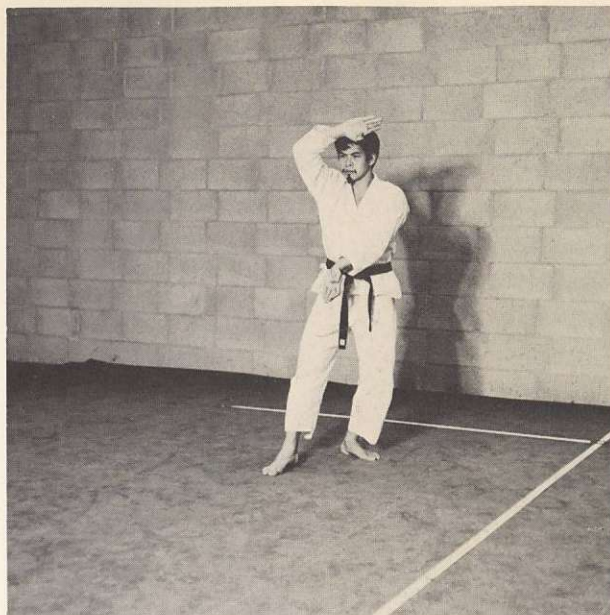
31 gedan zuki (sanchin dachi)



32 gyaku zuki (sanchin dachi)



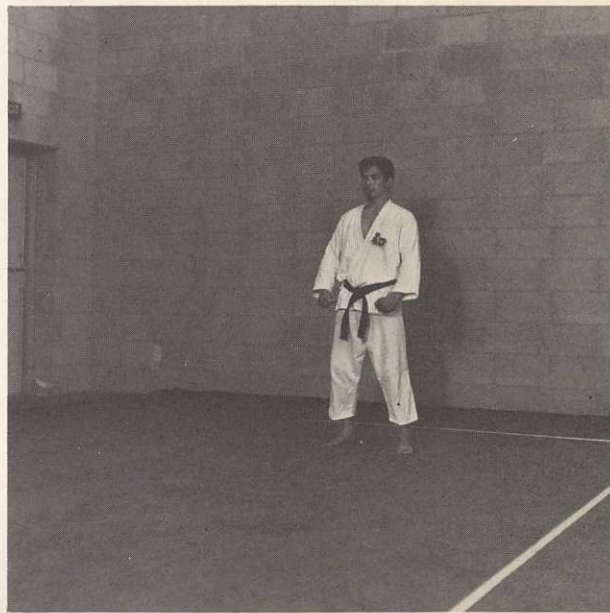
33



34



35 mawashi uke



36 yame

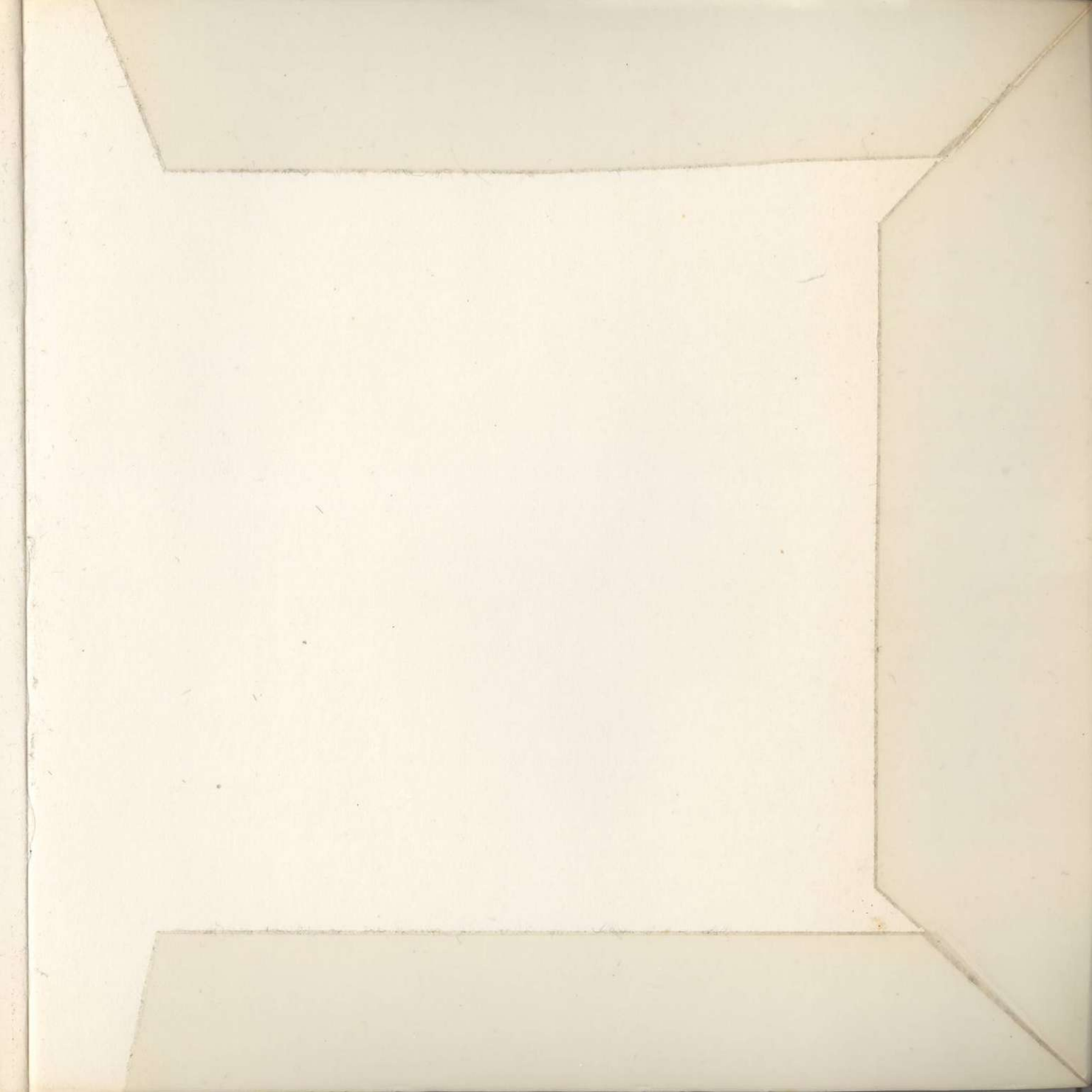
















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